

## Leading Yourself

Managers are expected to handle contradictory expectations, to take independent action, to support opinions they do not share and much more. Even though one might be willing to do all that, one does not always succeed at it because old habits get in the way. In this workshop, you will learn to see how you get in your own way and you will expand your repertoire of actions.

### Key objectives

- Identifying and strengthening your personal leadership style
- In-depth analysis of your own role and working on contradictions
- Learning to handle dependencies
- Consequently setting priorities in order to have time for proactive leadership activities
- Familiarizing yourself with the values you live by

### Course content

- Role analysis
- The difference between executing and leading
- Dealing with others' expectations
- Sorting out your own expectations
- The longing for dependence
- Dependence – counterdependence – interdependence
- The important values in my life
- Setting priorities and giving up habits

### Who should attend?

Managers who are aware of the fact that they cannot meet everyone's expectations. Employees who lead project groups and who want to know how far their responsibility goes and learn how to handle contradictory interests between hierarchy and project.

### Your benefit

You will find out what drives you in your role, what blocks you and where current conflicts and contradictions lie. By way of role analysis, you will learn to lead yourself. You will be able to allocate your resources more effectively. As a result, you will have more time for effectively leading employees, teams and organizational units.

### Methodology

- Introductory presentations
- Role analysis with feedback
- Knowledge exchange among participants
- One-on-one work for personal reflection
- One-on-one work and group work with personalized exercises
- Practical role-play
- Group discussions to round off all activities
- Practice and feedback in learning groups
- Analysis of actual cases

### Organisation

- Maximum number of participants: 12
- This workshop can be booked as an in-house event.
- Duration: 3 days
- A, D, CH & CEE-Countries

*"Until now, I honestly always tried to meet all expectations. From now on, I will deliberately disappoint some expectations to make time for really important things."*

Participant quote