

PERSONAL MASTERY

ACCESSING EXECUTIVE POWER FROM WITHIN



Introduction

According to Peter Senge, "Personal mastery goes beyond competence and skills...it means approaching one's life as a creative work, living life from a creative as opposed to a reactive viewpoint." Personal mastery is therefore creating that which one wants most for oneself in life and in work. This would require commitment to truth and understanding one's deeply rooted beliefs as well as one's subconscious.

Positive self-esteem is essential for effective functioning, especially within the work context. Self-appreciation and the necessary skills to project this appreciation with impact, forms the basis for success.

This programme is aimed at facilitating a process whereby learners are able to establish a sense of purpose and connectedness with oneself as well as with others and thereby helping learners to achieve personal mastery.

This programme focuses on the individual, making it a meaningful and enriching experience for all. The improved communication has a ripple effect within an organisation, contributing to healthy intra- and inter-group relations.

Purpose:

This programme is intended for individuals who want to understand, improve and become a master of their own lives as well as to experience distinction and success in their every day lives. It will contribute to healthy intra and inter-group relations.

Training methods:

Interactive group sessions both indoors and outdoors – we believe in experiential learning.

Duration: 2 days

"The whole world steps aside for a man who knows where he is going"

- Anon -

Learning outcomes

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| <ul style="list-style-type: none">• Discover your purpose in life and learn to lead with greater intention• Understanding the aspects impacting or influencing ideas and beliefs• Developing confidence and a sense of security about personal identity• Developing an ability to take charge of our mental-emotional programming• Developing affirmation strategies (positive feedback, reflective listening, appraisal, encouragement, interpretation of contribution etc) | <ul style="list-style-type: none">• Developing insight into one's personal communication style• Understanding the meaning of being assertive in a personal and interpersonal way• Appreciating the benefits and advantages of being assertive and self-reliant• Generating a personal action strategy to overcome personal obstacles in the work and personal environments• Developing an awareness of self and time-management skills |
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"No man is free who is not a master of himself." - Epictetus

AGENDA

1. Introduction

- Living in a changing world
- Individual learning expectations
- Contracting

2. Module I: Mind and emotions

- Discovering your personal core
- Becoming your authentic self
- Aligning your intentions with your behaviour

3. Module II: Attitude

- Attitude: A priceless asset
- What is attitude
- Advantages of a positive attitude

4. Module III: Self talk

- Emotional control and wellness
- Self-sabotaging frames
- Challenging your self talk rules

5. Module IV: Assertiveness

- Defining assertiveness
- Assertiveness styles
- Behaviour types

6. Module V: Communication

- Defining effective communication
- Profiling the communication style of self and others
- Influence, negotiation and co-operative decision making
- Language for empowering semantic states

7. Module VI: Personal Mastery techniques

- Affirmation strategies
- Self and time-management strategies
- The Neuroscience of Stress Management

8. Module VII: Conclusion

- Personal action strategy and commitments
- Assignments



*Man has his future within him, dynamically
alive at this present moment*

Abram Mazlo

Unit Standards:

The Personal Mastery Programme is aligned to the following registered unit standards:

- Communicate in an assertive manner with clients and fellow workers (SAQA ID 9506)
- Access creative arts and cultural processes to develop social and interactive skills to promote self-esteem and healing (SAQA ID 7533)
- Achieve personal effectiveness in the business environment (SAQA ID 110021)

NQF level of training: FET & HET, NQF Levels 3 – 7

SETA Accreditation No: 0244

"The man who has confidence in himself gains the confidence of others." -

Hasidic Saying



Partners in Transforming