

# CLASS SCHEDULE

## MASTERING SELF-LEADERSHIP

22 - 26 JULY 2024



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### Day 1: Personal Agency

- 9 AM - 12 PM CET: Online Class
  - Create your own legacy
  - The power of self-awareness
- Afternoon: Self-study with feedback moments

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### Day 2: Authentic Leadership in a Complex World

- 9 AM - 12 PM CET: Online Class
  - Define the elements of a personal ethos and understand how to lead a values-based life.
  - Make ethical decisions and maintain authentic
  - Interconnectivity and complexity
- Afternoon: Self-study with feedback moments

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### Day 3: Resilience and Mental Well-being in Times of Change

- 9 AM - 12 PM CET: Online Class
  - Gain insight into your internal saboteurs
  - Build a Resilience Toolkit
- Afternoon: Self-study with feedback moments

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### Day 4: Communicate your message effectively

- 9 AM - 12 PM CET: Online Class
  - Find like-minded who share your goals
  - Communicate your message effectively and full of inspiration
- Afternoon: Self-study with feedback moments

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### Day 5: Setting goals

- 9 AM - 12 PM CET: Online Class
  - Set short-term and long-term goals.
  - Define actionable steps.
- Afternoon: Hand in your action plan.