

Self-Leadership

Catalogue

Ducidium



Self-Leadership Program

Effective Self-Leadership empowers people to perform at their best. Creating fundamental self-knowledge and self-regulatory processes, self-leaders work to their strengths, deeply engage, and drive the organisation's purpose through shared values.

Our Self-Leadership Program provides participants with the knowledge, capability and confidence to:

- Understand themselves, including their strengths, values and what drives them.
- Optimise their motivation for both tasks they naturally enjoy and those that just have to get done.
- Adjust their impact on others through awareness and regulation of their emotions, thoughts and behaviours.
- Ensure things get done in line with priorities through self-management practices.
- Work to their highest capability, due to constructive thinking, identification of limiting beliefs and an open mindset.
- Regulate stress through increased self-awareness and mindfulness practices.
- Drive their organisation's culture and growth.

DETAILS

Minimum duration: **7 days*** (total contact time)

Minimum price: **\$3700**** per participant (AUD excl. GST)

Delivery: Face to face or remote options available

* The program can be contextualised to include specific organisational elements which may extend duration. Days can be spread over several weeks.

** Minimum 6 participants.

IDEAL FOR

Anyone from team member to executive leaders looking to cultivate self-awareness, and best-practise positive psychology methods to optimise engagement, high-performance, and self-fulfilment. Research shows that efficient self-leaders are more engaged, productive, innovative and more satisfied with work and life - irrespective of organisational position.

Self-Leadership Workshop Clusters

SELF-LEADERSHIP OVERVIEW & SELF-AWARENESS

Self-leadership is still largely missing from our daily vocabulary. This learning cluster provides an overview of what self-leadership is, its three components and one key skill across each of them.

Participants will learn how to:

- Conceptualise self-leadership.
- Examine their own self-leadership strengths and development areas.
- Understand decisions & behaviour drivers.
- Identify and use their strengths.
- Build an awareness of their performance.

DETAILS

Duration: **2.5 days**/cluster*

Price: **\$1350**** per participant/cluster (AUD excl. GST)

Delivery: Face to face or remote options available

* Each cluster includes 2 days content delivery plus a 0.5 day reinforcement and action planning session.

** Minimum 6 participants.

MOTIVATION OPTIMISATION & GOAL PERFORMANCE

This learning cluster explains what motivation is and how we can proactively optimise it in order to maximise our task engagement and goal-performance.

Participants will learn how to:

- Conceptualise motivation.
- Understand the motivation behind their own behaviours.
- Maximise their own motivation.
- Understand the relevance of motivation in a self-leadership context.
- Apply best-practice goal modification in order to maximise performance.

HAPPINESS, MINDFULNESS & SELF-REGULATION

This cluster delivers the latest insights from positive psychology: understanding happiness, its relevance for innovation, creativity and performance, and the art of mindfulness-based self-regulation.

Participants will learn how to:

- Apply the broaden-and-build theory to improve their cognitive performance.
- Identify, understand and regulate emotions in themselves and others.
- Understand and transform limiting beliefs and self-sabotage.

IDEAL FOR

Organisations looking to **drive** elements of self-leadership across targeted teams and topics.

Clusters are a rapid injection of learning that can be applied in the workplace quickly. The reinforcement session plays a key role in embedding the learning.

Self-Leadership Workshops

TOPICS

Self-leadership, engagement & performance: Explores the concept, science and psychology behind self-leadership, and its applicability in work and life.

Self-awareness & engagement: Discovers and applies individual awareness, strengths and weaknesses, and values in order to maximise engagement and purpose-driven performance.

Mindfulness & self-regulation: Explores mindfulness practices and applies them in order to facilitate emotional, cognitive and behavioural self-regulation.

Happiness & performance: Unpacks the latest research from positive psychology science and applies the broaden-and-build theory to enhance performance.

Finding meaning to drive engagement: Explores the science of meaning, identifies individual values and their alignment with organisational purpose, and explores links to tasks.

Motivation & human needs: Introduces what is known about motivation, its role in the context of self-leadership, and strategies to maximise and avoid over-reliance on it.

Self-management: Provides an overview of the multiple self-regulatory processes involved in self-management and explores the three key skills that enable it.

Resilience & grit: Discovers the science behind resilience and grit and teaches practical techniques to cultivate both.

Innovation & growth mindset: Explores the options to cultivate innovative thinking, and teaches the science of cognitive bias and techniques to foster a growth mindset.

DETAILS

Duration: **1 day**

Price: **\$2950*** per workshop (AUD excl. GST)

Delivery: Face to face or remote options available

* Price based on workshop size up to 15 participants.

IDEAL FOR

Organisations looking to **ignite** key topics of self-leadership across groups. The workshops are a targeted learning solution that can lead to step changes in habits and move groups towards new attitudes and behaviours. Individual Coaching can be packaged to further reinforce and embed the learning.

Individual Coaching

Our coaching engagements provide individuals with the opportunity to take their learning further and maintain the momentum towards implementation.

IGNITE SESSION

1 to 1 coaching session, ideal for kick-starting exploration and/or implementation on a workshop topic.

Duration: **45 mins**

Price: **\$250** (AUD excl. GST)

Delivery: Remote (video or phone)

DRIVE ENGAGEMENT

1 to 1 coaching engagement ideal for targeting a desired outcome across one or more core learning topics.

Duration: **5 hours** (recommended format: 5 x 1 hr sessions)

Price: **\$1475** (AUD excl. GST)

Delivery: Remote. (Face to face options available)

Team Coaching

Team coaching engagements can be facilitated upon request. Solutions include facilitation of collective development sessions, team purpose and planning sessions and team dynamics and optimisation sessions. Depending on agreed engagement method, pricing may be based on hourly or daily rates. Contact us to discuss further.

Custom Workshop Design and Facilitation

Customised workshop solutions are available to assist organisations in meeting their unique development strategies and targets. We work with all key stakeholders to understand, design and deliver learning solutions that develop and extend desired capabilities. Some custom solutions have included self-assessments, LEAN practices introduction, and change-agent onboarding workshops.

DEATAILS

Engagement durations include all days required for design, preparation, delivery, feedback and impact measurement.

Where practical the time required for prework including workshop design, material development and workshop delivery preparation is accumulated into 8-hour blocks and invoiced at the applicable Day Rate.

1-5 Day engagements: \$2950 Day rate

6-10 Day engagements: \$2450 Day rate

11-15 Day engagements: \$2150 Day rate

16 or more Day engagements: \$1950 Day Rate

(Prices in AUD excl. GST)



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