



INTERNAL LOCUS OF CONTROL

PERSONAL MASTERY

3 DAY NON-CREDIT BEARING SHORT COURSE

Personal Mastery is about taking responsibility for one's personal growth and development, as opposed to being a passenger on the journey through life. It is about emotional maturity, self-awareness and shaping one's own future. It is about personal improvement, setting goals, confronting setbacks and overcoming obstacles and fears. It is about having a vision for one's life and living with and towards this vision.



PARTICIPANT PROFILE

Regardless of the level in their organisation, participants will be inspired and energised by this workshop. They will be empowered with a range of practical techniques to help them take charge of their lives.

COURSE CONTENT

Current Reality

- Beliefs and Values
- Emotional Intelligence
- Stress and Stressors
- Fears, Truths, Perceptions and Facts
- Strengths & Weaknesses

Taking Control

- Locus of Control
- Living with a Vision
- Self-motivation
- Perseverance

