



INTERPERSONAL SKILLS AND SELF DEVELOPMENT | ISSD-007

Personal Leadership and Self-Management

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Course content

Why Attend

Leadership starts with leading oneself: knowing your values, managing your behaviour and taking responsibility for your growth. Self-leadership underpins every leadership role.

This Aractech course covers self-awareness, values and purpose, emotional self-management, personal responsibility, goal setting, self-motivation, learning from feedback and personal development planning. Participants develop a personal leadership plan.

Course Methodology

- Reflection exercises
- Self-assessments
- Peer coaching
- Group discussions
- Personal planning

Course Objectives

- Increase self-awareness
- Clarify personal values and purpose
- Manage emotions and behaviour
- Take personal responsibility
- Set goals and stay motivated
- Plan personal development

Target Audience

- Emerging leaders
- Professionals preparing for leadership

Course content

- Team leaders
- Graduates

Course outline

Detailed course outline

Day-by-day outline for Personal Leadership and Self-Management.

Day 1 - Self-Awareness

- 09:00-09:45 | Self-awareness
- 09:45-10:30 | Strengths
- 10:30-11:00 | Blind spots
- 11:00-11:30 | Coffee break
- 11:30-11:45 | Blind spots (continued)
- 11:45-12:30 | Feedback
- 12:30-14:00 | Exercise: Strengths profile

Day 2 - Values and Purpose

- 09:00-09:45 | Personal values
- 09:45-10:30 | Purpose
- 10:30-11:00 | Alignment
- 11:00-11:30 | Coffee break
- 11:30-11:45 | Alignment (continued)
- 11:45-12:30 | Decisions
- 12:30-14:00 | Workshop: Values statement

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Day 3 - Self-Management

- 09:00-09:45 | Emotional self-management
- 09:45-10:30 | Discipline
- 10:30-11:00 | Accountability
- 11:00-11:30 | Coffee break
- 11:30-11:45 | Accountability (continued)
- 11:45-12:30 | Integrity
- 12:30-14:00 | Exercise: Self-management plan

Day 4 - Motivation and Goals

- 09:00-09:54 | Goal setting
- 09:54-10:48 | Motivation
- 10:48-11:00 | Obstacles
- 11:00-11:30 | Coffee break
- 11:30-12:12 | Obstacles (continued)
- 12:12-13:06 | Progress tracking
- 13:06-14:00 | Peer coaching: Goal review

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| Day 5 - Development

- 09:00-09:54 | Learning from feedback
- 09:54-10:48 | Development plans
- 10:48-11:00 | Mentors
- 11:00-11:30 | Coffee break
- 11:30-12:12 | Mentors (continued)
- 12:12-13:06 | Continuous growth
- 13:06-14:00 | Capstone: Personal leadership plan

Seminar dates

Available seminar dates

Live dates and pricing for Personal Leadership and Self-Management generated from the course details page.

Date	Location	Format	Fee
16 - 20 November 2026	Kuala lumpur	Classroom	€1,925
7 - 11 December 2026	Barcelona	Classroom	€2,815
11 - 15 January 2027	Cape Town	Classroom	€1,625
8 - 12 February 2027	Frankfurt	Classroom	€1,875
8 - 12 March 2027	Barcelona	Classroom	€2,815
12 - 16 April 2027	Frankfurt	Classroom	€1,875
10 - 14 May 2027	Rome	Classroom	€3,460
14 - 18 June 2027	Kuala lumpur	Classroom	€1,925
12 - 16 July 2027	Barcelona	Classroom	€2,815
9 - 13 August 2027	Paris	Classroom	€3,825

Seminar dates

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Date	Location	Format	Fee
13 - 17 September 2027	Frankfurt	Classroom	€1,875
11 - 15 October 2027	Barcelona	Classroom	€2,815
8 - 12 November 2027	Frankfurt	Classroom	€1,875
13 - 17 December 2027	Rome	Classroom	€3,460
16 - 20 November 2026	Online / Live	Online / Live	€1,815
7 - 11 December 2026	Online / Live	Online / Live	€1,815
11 - 15 January 2027	Online / Live	Online / Live	€1,815
8 - 12 February 2027	Online / Live	Online / Live	€1,815
8 - 12 March 2027	Online / Live	Online / Live	€1,815
12 - 16 April 2027	Online / Live	Online / Live	€1,815

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10 - 14 May 2027	Online / Live	Online / Live	€1,815
14 - 18 June 2027	Online / Live	Online / Live	€1,815
12 - 16 July 2027	Online / Live	Online / Live	€1,815
9 - 13 August 2027	Online / Live	Online / Live	€1,815
13 - 17 September 2027	Online / Live	Online / Live	€1,815
11 - 15 October 2027	Online / Live	Online / Live	€1,815
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