Stream: SELF LEADERSHIP

Module overview:
Explore your values, strengths, weaknesses and blind spots. Knowing your strengths and weaknesses and working to your strengths can help you become more effective at managing yourself and it can also help you to become a better team member and team leader.

This module will help you:
• Understand factors that influence your emotional responses
• Explore how increasing self-awareness helps make you a better team member and leader
• Develop reflective practices.

A little about the content:
Self-awareness is important for us in all aspects of our lives. It helps us to know and understand our strengths and weaknesses and our emotional responses to a range of different situations. For example why we feel that we are successful in some situations and a failure in others; why we get angry in certain situations, and what is important to us (our values).

We will explore a range of strategies for increasing your self-awareness including values clarification, reflective practices, negative and positive self-talk and giving and receiving feedback on our own and others strengths and weaknesses.

Study mode options:
We know that you are busy, so we have a number of options for you to choose from:
• You can attend the two hour face to face workshop on campus
• You can participate in the streamed workshop online in real time
• You can complete the online module which includes opportunities for you to discuss your ideas with other online participants.

Curtin Extra:
The Curtin Extra Certificate provides you with official recognition and evidence of significant involvement in co-curricular programs that contribute to university life and to your personal and professional development. You can gain recognition of your involvement in the Curtin Leadership Centre programs by registering and completing the Self Leadership stream or Team Leadership stream modules as well as participating in an approved practical leadership opportunity (minimum 10 hours of volunteering).

Disclaimer:
Curtin University reserves the right to alter the composition of any co-curricular course or program to ensure learning outcomes retain maximum relevance.

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