



## 5 Keys to Mastery (Personal Leadership)

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**CATEGORY:** Personal Leadership

**WHO SHOULD PARTICIPATE:** All staff

**METHODOLOGY:** Lecture, video, discussion, in-class activities, group-work

**LANGUAGE:** Chinese, English or bilingual

**DURATION:** 3 Days

### **Program Overview**

The focus of this course is effectiveness; causing what you want to come into being, and creating a self-owned life based on what truly matters. In the process, you will develop more effective relationships and achieve greater satisfaction and productivity at work. The intention is to help you find freedom to create the results you want. It is not about problem solving, finding the “correct” way of thinking, getting the “right” answer, learning to change yourself, change others or manipulate yourself into “positive thinking”. This course is about reinventing the way you relate to yourself and your community, based upon a vision of who you wish to be. Through this process of reinvention, you will expand your ability to positively influence the lives of others, and consistently create desired results.

### **Program Objectives**

Based on psychological principles of human performance, 5 keys to Mastery develops the personal leadership skills you need to create purposeful, positive change and achieve meaningful goals.



## Key Benefits

### What can people learn from this course?

- How to identify and overcome self-imposed barriers to personal effectiveness
- How to define success and create a framework for achieving desired results
- How to Visioneer™ a compelling future that motivates and inspires
- What is your communication style and how to style-switch to grow your sphere of influence among team members
- Techniques to engage and empower staff

## Process

5 Keys focuses on identifying values, ideals and revealing hidden capabilities. It creates a future focus that inspires and motivates from within, combined with personal effectiveness tools and techniques to guide future ascent. The 5 Keys allow participants to consistently create desired results through:

- 🔑 Key #1: Courage to look at where you limit yourself and why – Identifying self Imposed barriers to success
- 🔑 Key #2: Ownership of your interpretations, emotions and beliefs
- 🔑 Key #3: Accountability for results without blame
- 🔑 Key #4: Choice to create a self-owned vision of a compelling future
- 🔑 Key #5: Freedom to resourcefully respond to your circumstances in new ways