

# Leading Self

Leading Self is a flexible programme designed for individual contributors. It can be delivered either totally online or as a blended solution including online virtual learning, face-to-face training and supported by coaching. This is the first level of WDR’s corporate leadership solution aimed at accelerating the development of leaders and aspiring leaders at all levels of an organisation.

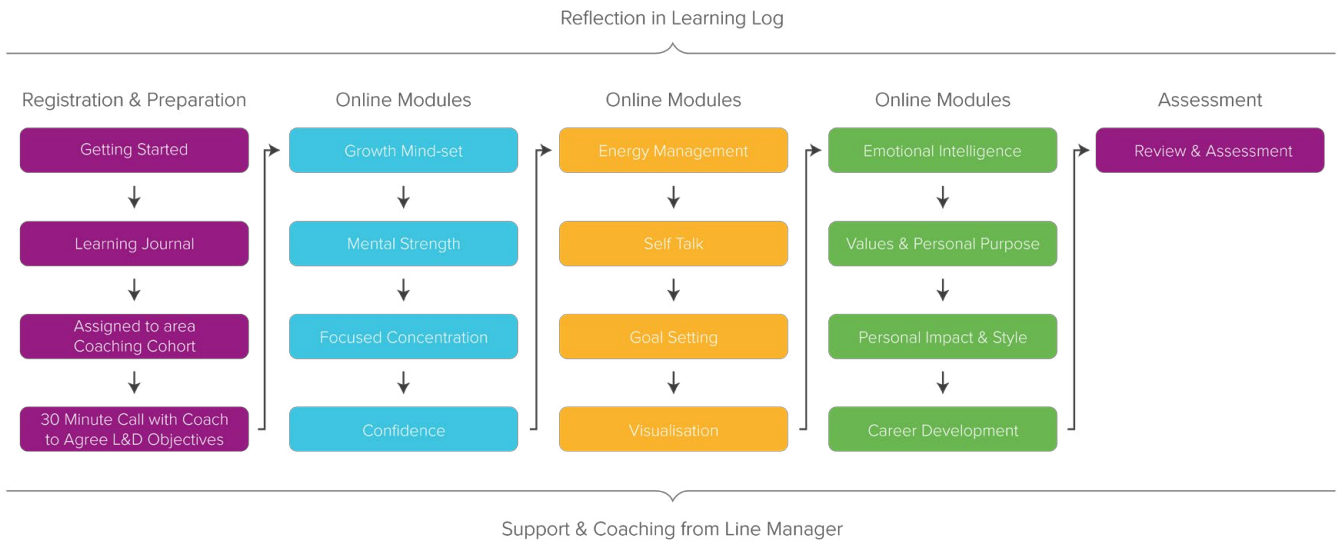
This programme is recommended for individual contributors wishing to enhance their personal effectiveness and perhaps wanting to prepare for future leadership positions

This course will ensure learners are able to:

- Learn to shift your thinking into more possibility – develop a “Growth Mindset.”
- Develop enhanced communication skills.
- Enhance your emotional intelligence.
- Learn how to set goals, plan, prioritise and manage your time effectively.
- Learn how to manage your energy and build mental strength.
- Learn how to present with impact and to chair successful meetings.
- Enhance your confidence in your own abilities.

## Course Plan

This programme comprises 12 self-directed learning modules that can be delivered entirely online or as a blended solution. Learners or organisations can select all or a number of these modules to form an integrated learning pathway. There is an additional option to gain a qualification from the Institute of Leadership & Management (ILM) at Level 2 through the completion of assignments alongside the learning content.



This diagram is available to download online at [www.wdr.co.uk/leadership-solutions/](http://www.wdr.co.uk/leadership-solutions/)

## Apply for this course.

Apply for this course and ask any questions you may have by getting in touch with us via the contact methods below. You can also find information about this course and all of our other courses at our website, [www.wdr.co.uk](http://www.wdr.co.uk).