

Self-Leadership – Discover your strengths and lead yourself effectively

Content

Are you struggling with endless task lists, setting priorities, and lacking time for your essential tasks? Do you want to focus more on what is important in your professional and personal life? This workshop introduces the concept of self-leadership as the ability to intentionally influence your thinking, feelings, communication, and behaviors to achieve your goals. By reflecting on our strengths and needs, you will develop a unique approach to leading yourself and organizing your work. We will use self-assessments, reflection worksheets, hands-on tools, and learn from the experiences of others. Additionally, we will explore new ways to develop your personal goals and work towards them in your daily life, such as by using methods of design thinking. At the end of the workshop, further literature and podcast recommendations are offered.

Learning Objectives

The participants will be inspired to tap into self-reflection and hands-on techniques of self-leadership. By having reflected their strengths and development needs, they will have created their own plan on how to lead themselves more effectively. This is a practical and hands-on workshop, with the scope on personal reflection, work and peer-to-peer exchange.

Preparatory assignment

Participants are asked to submit a self-assessment tool which will be provided by the trainer in advance of the workshop. Deadline: Oct 3, 2024, 09:00 a.m. In case you do not submit on time, your participation may be cancelled, and your place may be offered to the waitlisted.

Trainer

Anna-Leena Marti: <https://leadership-marti.ch/>

Entrepreneur and trainer/coach with a focus on entrepreneurial leadership and talent development. She is working mostly with leaders and teams of start-ups and other innovative companies. After her studies in Work and Organizational Psychology at the University of Bern, she worked for several years in various companies in the fields of human resources and organizational development. In 2015-2021, she was the head of the Outreach Department at the Entrepreneurship Center of the University of Bern and was responsible for entrepreneurial trainings and talent development programs.

Target Group

PhD students and postdocs who are willing to reflect their habits and behaviours and who are eager to work on their personal development by themselves. Furthermore, they should be interested and willing to share their experiences and reflections with other participants.

Language	English
Participants	max. 20
Dates	Thursday October 24 & 31, 2024, 2:15 p.m.-5.45 p.m.
Location	University of Bern, Main Building, Hochschulstr. 4, room 104
ECTS	0.5 (8h in class plus 5 h preparatory assignment and homework between classes)