

Self-Leadership – how to empower yourself and develop your potential

Content

Are you struggling with your working habits and daily routines? Do you want to focus more on what is important in your professional and personal life? Would you like to become the main driver of your personal development?

This workshop introduces the concept of *self-leadership* as the ability to intentionally influence your thinking, feeling, communication and behaviors on the way to achieve your goals. We will work on your (working) habits, time management and goal setting with hands-on tools, reflection worksheets and peer-to-peer learning discussions. Furthermore, we will explore new ways how to develop your personal goals and how to work towards them in your day-to-day life, e.g. by following 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 hands-on techniques of self-leadership and will have practiced them. By having reflected their current strengths and development needs they will have created their own plan on how to lead themselves more effectively. They will know self-management tools and will have created their own time management and development plan. 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: May 10th, 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 leadership, human resources 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. 25
Dates	Friday May 31 st & June 07, 2024, 2 p.m.-5.30 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)