



THE UNIVERSITY OF
SYDNEY

Leadership Course: Leading Self, Others and Teams

*Centre for
Continuing Education*



Leadership Course: Leading Self, Others and Teams



Leadership is not a position but a mindset, skillset and set of strategies that helps staff at all levels of an organisation be more effective in working with and through their most valuable asset - their people.

This interactive, one-day program will give you a good understanding of what leadership is and why it matters, and an appreciation of your leadership style and how to develop this competence so that you optimise your personal level of effectiveness and fulfilment in your role.

The course begins with a conversation around the difference between leading and managing and the traits that makes one a leader others would willingly follow. It then proceeds to a discussion of self-leadership, an appreciation of your emotional intelligence and its impact on your leadership potential, and how to develop your emotional competencies. What follows then are discussions around how to lead others, how to lead your teams and develop a culture that brings out the best in your people. Each is a vital skillset that and will help you excel within your current team environment, no matter what your current role is.

This course is for you if you are an emerging leader, have leadership aspirations, or have recently moved into a managerial or supervisory role.



Course duration

1 session, 8 hours total



Time

9am - 5pm



Format

Face-to-face
or
Online in real-time



Dates

Browse available
[course dates](#)

Intended audience

Aspiring leaders and managers, or those new to leadership and management roles.

Prerequisites

None



Upon completion

Every participant receives a University of Sydney certificate of completion.



Aims

The aim of this course is to arm you with a broad understanding of what leadership is, why it matters and how to develop this valuable competency so that you can realise even more of your highest potential, contribute more effectively in your role and be able to help guide your organisation to higher performance.



Outcomes

By the end of this course, you should be able to:

- articulate the difference between managing and leading
- understand what it means to lead from within and how to shape your thoughts, emotions and actions to that that's congruent with "leadership"
- assess your level of emotional intelligence and create a plan to develop this
- practice skills to influence yourself and others more effectively
- further develop your skills to effectively manage tasks and people
- actively build and contribute to an effective organisational culture.



Content

Leading versus managing

- Leadership traits
- Leadership – born or made
- Leading versus managing

Leading self

- The role of emotional intelligence in your leadership journey
- Self-awareness and leadership
- Self-management and motivation

Leading others

- Framework of influence
- How to influence with integrity
- Intrinsic versus extrinsic motivation

Leading teams

- Five attributes of highly functional teams
- Your leading style and how it affects culture
- Setting your people and teams up for success



"I appreciated the high energy from the tutor to keep up the engagement throughout the day. Very motivating, thank you."

Lauren Harrington

"I have learnt a lot. The trainer was awesome and made me feel a lot more confident that I can achieve my goals. Thank you!"

Herminia Alves



"Really enjoyed the session today. The facilitator had clear communication, effectively engaged the group and created a collaborative atmosphere, making the course both informative and enjoyable."

Vrushali Navale



Additional information

Information sessions supported by interactive activities and class discussions.

Materials

Course materials, including a course booklet, are provided electronically.



Organisational training and development

This course can be delivered as a private session for groups, and tailored to meet the needs of your business. Contact us to discuss our range of organisational training solutions.

[Learn more](#)



Centre for Continuing Education



THE UNIVERSITY OF
SYDNEY

We recognise and pay respect to the Elders and communities – past, present, and emerging – of the lands that the University of Sydney's campuses stand on. For thousands of years they have shared and exchanged knowledges across innumerable generations for the benefit of all.

Empower ambition,
inspire leadership

For more information

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