



Elsabé Manning

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PERSONAL MASTERY COURSE (Two days)

Personal Mastery is guided by key principles like self-management, communication skills, critical thinking, vision, personal purpose, commitment to truth, emotional intelligence and understanding your behaviour. Personal mastery is also about willingness to accept criticism and feedback with an open mind and acknowledging your weaknesses and shortcomings.

We need to successfully communicate and interact with people in our daily lives. Emotional intelligence allows us to read and manage our own and other's emotions and emotional states and to guide thinking and actions.

People with higher emotional intelligence (EQ) tolerate stress better and they have higher levels of impulse control. They also tend to be more flexible and realistic and to solve a range of problems as they arise. Emotional Intelligence allows us to maintain a positive attitude, particularly in the face of adversity and to feel satisfied with life.

Personal Mission And Goals

A mission helps define an individual's goals and purpose. Having a mission statement not only motivates and defines a person, but they also become very passionate, driven and self-empowered. Knowing where you want to go, how you intend to get there and by when, is very empowering.

COURSE OUTLINE

1. Self-management
2. Emotional Intelligence (EQ)
3. Neuropathways
4. Applying emotional intelligence
5. Communicating with emotional intelligence
 - a. How to deal with drama and how to avoid it
 - b. Critical thinking skills

c. Feedback

6. Critical thinking
7. Relationships
8. Spiritual Intelligence (SQ)
9. Purpose
10. Values
11. Personal Vision and Mission
12. Personal goals
13. Action plan