

# Personal Mastery

This fully immersive personal mastery experience will have participants reflect on leadership styles and “How do I show up as a Leader?” This experience consists of a collective of 3 – 6 Immersive experiences. Each immersive experience represents a Personal Mastery Concept, which emerges from the facilitation of deep conversation igniting the leader within.

In this personal mastery short course, participants will engage in reflective exercises, exploring their personal triggers within each immersion room and understanding their impact. They will analyse whether these triggers ignite motivation, diminish enthusiasm, or lead to overwhelming stress, identifying actionable steps to manage these responses. Participants will assess their contributions in each immersion, examining what influenced their engagement and whether they held back or took the limelight. By reflecting on these dynamics, they will consider how these behaviours translate to their workplace interactions. Participants will distil their self-awareness into 1-2 descriptive words for each immersion room, facilitating the curation of their personal journey from insight to action, emphasising the practical “how” of implementing positive changes in their behaviour and approach.



### What you will learn:

Through the Personal Mastery Immersive Experience, participants will gain invaluable insights and skills to enhance their leadership capabilities. This transformative journey fosters self-reflection, resilience, and authenticity, equipping leaders with the emotional intelligence and communication skills necessary for effective leadership. Participants will learn to make informed decisions, foster collaboration, and cultivate a growth mindset for continuous learning and development. By immersing themselves in this experience, they will emerge as more self-aware, adaptable, and influential leaders, ready to navigate complexities and inspire positive change in their organisations and beyond.



### Why Choose Our Workshop:

- Immersive and interactive learning experience
- Facilitated discussions and reflective exercises
- Practical applications for immediate impact
- Develop essential leadership capabilities
- Cultivate a mindset of continuous learning and growth



### Course Length:

1 Day in Person or Virtual (4 Hours)



### Mode of Delivery:

Online or In person, with your team, at your venue.



### Who Should Attend:

Our Personal Mastery workshop is perfect for all organisational levels. This course is perfect for those dedicated to personal growth and leadership development.



### Next Intake:

The programme will run, based on the client's requested dates and the availability of our Educators. Please feel free to share possible dates of when your team would be available for this workshop, and we will plan to make it happen!



### For more info, or to sign up:

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