



MASTERY  
SQUARED

# DEVELOPING SELF INSIGHT

*Leader Know Thyself*

## DESCRIPTION

The Conference Board CEO Challenge 2013 report sites Human Capital as the #1 challenge in organizations today. Noting trust in business as a root cause, they connected the challenge to leadership capability overall and executives' ability to focus on their own behavior more specifically. To be successful, corporations must have more leaders able to assess and change their behavior.

Self Insight is the ability to observe and understand the internal cognitive and emotional structures that govern our actions so that we can better choose the meanings we make of a particular situation, change our behavior and improve results. It increases the likelihood that the consequences of our behavior will match our intentions or desired results.

Leaders who demonstrate Self Insight are able to learn more from their experiences and transform themselves in the face of to increase levels of success.

Mastery Squared provides 4 hour and 8 hour workshops focused on Developing Self Insight

## OBJECTIVES

By the end of the session, leaders will have:

- Identified their core values and intentions
- Utilized tools to minimize the impact of their limbic system
- Described the key barriers to self insight that most disrupt their success
- Used appreciative inquiry to leverage strengths in difficult situations.
- Identified underlying behaviors, thoughts, feeling and beliefs that lead to unintended consequences
- Created a specific daily practice plan.

# AGENDAS

1 Day Session	Half Day Session
<p><b>Introduction</b></p> <ul style="list-style-type: none"><li>• Welcome, purpose, workshop overview and approach</li><li>• Expectations &amp; introductions</li></ul> <p><b>Overview of Personal Mastery</b></p> <ul style="list-style-type: none"><li>• Definition of Self Insight</li><li>• Benefits</li><li>• Barriers</li><li>• Exercise</li></ul> <p><b>Discovering Your True Nature</b></p> <ul style="list-style-type: none"><li>• Values, intentions</li><li>• Strengths and disruptive tendencies</li><li>• Exercise</li></ul> <p><b>Competing Intentions</b></p> <ul style="list-style-type: none"><li>• Definition and skill building</li><li>• Application exercise</li></ul> <p><b>Unintended Results</b></p> <ul style="list-style-type: none"><li>• Definition and skill building</li><li>• Application exercise</li></ul> <p><b>Overactive Limbic System</b></p> <ul style="list-style-type: none"><li>• Definition and skill building</li><li>• Application exercise</li></ul> <p><b>Leveraging Experience</b></p> <ul style="list-style-type: none"><li>• Appreciative inquiry definition and skill building</li><li>• Application exercise</li></ul> <p><b>Daily Practice Planning</b></p> <ul style="list-style-type: none"><li>• Create specific re-wiring actions to take daily for the next 90 days.</li></ul> <p><b>Close</b></p> <ul style="list-style-type: none"><li>• Celebration</li><li>• Evaluation</li></ul>	<p><b>Introduction</b></p> <ul style="list-style-type: none"><li>• Welcome, purpose, workshop overview and approach</li><li>• Brief introductions</li></ul> <p><b>Overview of Personal Mastery</b></p> <ul style="list-style-type: none"><li>• Definition of Self Insight</li><li>• Benefits</li><li>• Barriers</li></ul> <p><b>Discovering Your True Nature</b></p> <ul style="list-style-type: none"><li>• Values, intentions</li><li>• Strengths and disruptive tendencies</li><li>• Exercise</li></ul> <p><b>Competing Intentions</b></p> <ul style="list-style-type: none"><li>• Definition and skill building</li><li>• Application exercise</li></ul> <p><b>Daily Practice Planning</b></p> <ul style="list-style-type: none"><li>• Create specific re-wiring actions to take daily for the next 90 days.</li></ul> <p><b>Close</b></p> <ul style="list-style-type: none"><li>• Celebration</li><li>• Evaluation</li></ul>

Mastery Squared Mission: To support the creation of vibrant and successful organizations by raising leadership consciousness. We do this by offering unique consulting, coaching, and leadership development experiences that demystify and make practical best practices from neuro-science, emotional intelligence and mindfulness.

CONTACT

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