



Your Course Content

The Content area of the course is where the majority of course materials, activities, and assignments are found.

Course materials and activities are organized into modules, with most course schedules based on completing one module per week. Access required and recommended resources, discussion forums, assignments and more through each module.

Begin by reviewing the Start Your Course Here, and the Syllabus, Schedule, and Course Team modules.

- Start Your Course Here
- Syllabus, Schedule, and Course Team
- Meet Your Instructor
- Meet Your Program Director
- Module 1 - An Introduction to Self-Leadership: The Journey Begins**
 - A Generative Glance: Self-Leadership Strategies
 - I Wanted to Change the World...
 - Weekly Videos
 - Recommended Articles
 - Introduce Yourself
 - An Introduction to Self-Leadership: The Journey
- Module 2 - The Context of Self-Leadership: Mapping
- Module 3 - Behavior Focused Strategies

Module 1 - An Introduction to Self-Leadership: The Journey Begins



During Module 1, we will dissect the concept of "self-leadership" as a process of influence for directing behavior towards accomplishing goals. We will analyze how research and theories in two areas of psychology have evolved and shaped the concept of self-leadership. These primary theories include the social cognitive theory and the intrinsic motivation theory (i.e., self-determination theory). Throughout this initial discussion, we will learn about the course structure and the philosophy behind its design, which are centered on the study of human behavior. From a general perspective, this course will help you develop a framework to motivate yourself to achieve your personal goals; to help you "lead the band" in your personal and professional lives.

Through the lens of business and management, by synthesizing an array of self-cultivation strategies into a comprehensive self-leadership paradigm, you can gain the ability to effectively lead and guide self and others.

"Mastering others is strength; mastering oneself is true power." - Lao Tzu

"Knowing yourself is the beginning of all wisdom." - Aristotle

"First, be a leader of yourself. Only then can you grow to lead others." - D. Taylor-Klaus

Learning Objectives:

- Contrast the three primary sources of leadership: External leadership, participative leadership, and self-leadership.
- Provide a basic definition of self-leadership and examine this concept in the context of social cognitive theory and intrinsic motivation theory.
- Explain how we all lead ourselves and recognize that we choose what we become.

To-Do: