



Leadership for Women

All individuals within an organization take on significance as they represent the organization to the outside world and as they interact within the organization. Their personal motivation and self-image are key to how they perform, respond, and lead. There is no better time to focus on women and the remarkable strides they have made in the last century and continue to make.

OpX Solutions’s Leadership For Women program helps women: Realize their potential for personal leadership through building on strengths and improving self-image; Develop the critical attitudes, self-confidence and qualities that meet the demands of modern business; Increase self-motivation by altering attitudes, behaviors, and habits; Examine the organization’s culture and how it impact success; Align leadership skills with organizational culture; Make choices and trade-offs necessary to attain, regain, or maintain work-life balance; Develop a written and specific Plan of Action for success.

Program consists of a kick-off session, a goals workshop, and the following 12 lessons:

1 – Your Potential for Personal Leadership

- Believing in Your Full Potential
- Discovering Your Untapped Potential
- Your Opportunity for Leadership Growth
- Personal Leadership Requires Courage
- Focusing on Your Strengths
- The Rewards of Leadership
- The Internal Nature of Personal Leadership

2 – Self-Knowledge: The Source of Personal Leadership

- Self-Knowledge and Emotional Intelligence
- Leading with Emotional Intelligence
- Understanding Our Past
- Breaking Out of a Conditioned Existence
- Developing a Strong Self-Image
- True Leaders Are Authentic Leaders
- Committing to Authentic Leadership

3 – Six Essentials of Personal Leadership

- Success Essential #1: Personal Responsibility
- Success Essential #2: Purpose
- Success Essential #3: Plan
- Success Essential #4: Passion
- Success Essential #5: Positive Expectancy
- Success Essential #6: Persistence

4 – Take Personal Responsibility

- Personal Responsibility Equals Freedom
- Personal Responsibility and Self-Motivation
- Recognizing Our Basic Human Needs
- The Disadvantages of Motivation Through Fear
- The Limits of Motivation Through Incentive
- The Power of Motivation Through Attitudes

Lessons 5 - 12 on back.



Developing Leaders and Organizations to Their Full Potential!



Leadership for Women

Lessons 5 - 12

5 – Discover Your Purpose

- Singleness of Purpose Requires Commitment
- Discovering Your Life Purpose
- Crystallizing Your Life Purpose
- Establishing Your Priorities
- Creating a Personal Mission Statement
- The Fundamentals of Goal Setting
- Avoiding Distractions on Your Path

6 – Plan Your Path

- Programming Your Goal-Setting Computer
- Committing to Your Goals
- Understanding Different Goals
- Tangible and Intangible Goals
- Obstacles to Goals Achievement
- The Power of Target Dates
- Is it Worth it to Me?

7 – Ignite Your Passion

- Making Passion a Way of Life
- The Hallmarks of Genuine Passion
- Enthusiasm Reflects Your Passion
- Controlling the Emotional Climate
- How to Build Enthusiasm
- The Benefits of Enthusiasm

8 – Act with Positive Expectancy

- Positive Expectancy Requires Belief
- How Positive Expectancy Works
- Positive Expectancy Starts with Affirmation
- Positive Expectancy is Magnified with Visualization
- Developing an Attitude of Positive Expectancy
- How Our Attitudes and Habits are Formed
- Changing Current Attitudes and Habits
- The Self-Fulfilling Prophecy

9 – Follow Through with Persistence

- Reasons Why People Quit
- Developing Iron-Willed Persistence
- Turning Adversity Into Opportunity
- Making Good Decisions Requires Persistence
- Persistence Pays Off!

10 – Living a Balanced Life

- The Total Person® and Personal Leadership
- Planning Your Time with Priorities in Mind
- Time is Your Most Valuable Asset
- Taking Responsibility for the Time You Use
- Becoming a Total Person®

11 – The Art of Successful Communication

- Leaders are Communicators
- The Critical Role of Empathy in Communication
- Learning to Listen with Empathy
- Developing Empathy
- Setting an Example by Relationship Management
- Leadership Through Communication

12 – Multiplying Your Leadership

- Leaders Have Integrity and Character
- Leaders Are Role Models
- Leaders Are Developers of People
- Leaders Are Empowerers of People
- The Rewards of Empowering Others
- Living a Life Filled with Potential
- The Leadership Challenge