Leading Self and Leading Others

Understand your potential and develop vital skills to progress your leadership, personal growth, and career success.
Knowing yourself is the beginning of all wisdom.
– Aristotle

Effective leadership starts from within. If you cannot manage yourself, you will struggle to lead others. The first part of this unit, Leading Self, helps you to develop your self-awareness, and then to use this insight to manage your work life. You will learn how to master fundamental aspects of your life such as managing your time and your home-work interface (mastery), as well as how to embrace uncertainties (agility) and how to create meaningful change for yourself (proactivity).

Topics include:
• Learning more about your personality and the ways it helps or hinders you
• Understanding your strengths
• Practicing mindfulness to enhance your flexibility and agility
• Pursuing a personal development goal
• Experimenting with being creative
• Creating your own career portfolio

In Leading Others, you then learn about how to enable others to achieve mastery, agility and proactivity in their work and life. You will learn about the importance of more transactional forms of leadership (giving feedback, setting clear roles) that promote mastery in others, as well as more transformational forms of leadership (vision, support, etc) that promote others’ agility and proactivity.

Topics include:
• Analyse your own leadership and that of others
• Learn how to give and receive feedback
• Practice your management and leadership skills
• Participate in a dynamic simulation

Integrating ‘doing’ and ‘being’ with ‘knowing’

In an analysis of MBA programs around the world, Professor Srikant Datar from Harvard Business School has advocated the importance of including greater emphasis on skill development (‘doing’) and personal reflection (‘being’) into the development of effective managers and leaders through an MBA.

Without doing, knowing is of little value. But doing, without self-awareness and reflection about one’s values and beliefs (being), will lack direction and integrity.

Mahatma Gandhi beautifully expressed the link between being and doing when he said “we must become the change we want to see”.

Leading Self and Leading Others is designed by Professor Sharon Parker, and facilitated by highly professional and experienced facilitators.
Who will benefit from Leading Self and Leading Others

This unit is probably for you if:

• You want to know more about yourself
• You want to create a more self-aware, flexible, and happier version of you
• You want to live a meaningful work life
• You want to understand how to lead, with or without authority
• You are open and willing to be challenged to try new things

This unit is probably not for you if you believe that "good education is only about good grades". It is fine to want good grades and we encourage you to work hard to do your best. But we also believe that good education is about personal growth and learning. We have designed this program to be a pass/fail unit so you can fully concentrate on your personal development.

Places in the unit are limited so we can keep the classes small. Please enrol as early as possible. Unfortunately once you start, it is very difficult to change your mind because you will do a pre-survey and will be assigned to a learning team on day 1. If you are unsure if this is the right unit for you, please watch the LAUNCH video and then contact Lena Wang (lena.wang@uwa.edu.au) if you have further questions.

When, where and how

Leading Self and Leading Others is conducted at the UWA Accelerated Learning Laboratory. The unit is available for enrolment via the UWA Business School each trimester for full-time MBA, flexible MBA and GCL students.

Alignment with other programs

Leading Self and Others is a core unit for the Graduate Certificate in Leadership, and an elective unit for the MBA Flexible program. It is delivered through the Accelerated Learning Laboratory@UWA, which is a joint research entity of the UWA Business School and School of Psychology.

The “Leading Self and Others” unit is an extension of the award-winning LAUNCH Personal and Professional Development Program*. Also designed by Professor Sharon Parker and delivered through the Accelerated Learning Laboratory@UWA. The LAUNCH program has supported over 200 UWA MBA students over the past 3 years, transforming them to be more effective and fulfilled individuals and leaders. You can find out what LAUNCH alumni thought about the program here.

*Note: If you have already completed the LAUNCH program, please note there is a significant amount of overlap between LAUNCH and the Leading Self and Others unit.

Testimonials

"I found [it] to be a fantastic experience that gave me a far greater appreciation and understanding of myself, my strengths and my interests, as well as building strong inter-personal connections with my cohort based on gaining a greater understanding and appreciation of them, their strengths and their interests."

"[It] provided a space for insightful peer feedback without fear of judgement. I would recommend the program to all MBA students at UWA as a means of improving confidence, leadership skills and personal development beyond what is normally acquired during class." 

"I learnt a lot about myself through the surveys and more importantly what others thought of me too. I have a new perspective of who I am and this will help me greatly in my life (personal and work) moving forward."

"I am now job hunting, and much of what we covered is very relevant for this process. It has given me the confidence to seek jobs at a much higher level than I would have considered previously, which can’t be a bad thing!"
Accelerated Learning Laboratory @ UWA (ALL@UWA)

The ALL@UWA is a joint entity of the UWA Business School and the School of Psychology. The ALL@UWA uses evidence-based approached to enhance knowledge, skills and capabilities of leaders, teams and organisations. It incorporates UWA’s Centre for Safety.

For more information about us, please follow us on LinkedIn.