

Authentic Leadership

GoSkills online course syllabus

Skill level

Beginner

Lessons

17

Pre-requisites

No prior experience needed

Video duration

51m

Estimated study time

51m 55s

Instructor

Sweta Chawla

Introduction

1

Being authentic

In today's world, bringing your authentic self is an important component to staying engaged at work.

Let's Get Real

2

What's motivating you?

When you have self-awareness, you can make changes that improve environment and experiences.

3

Self-security vs. job security

It's not uncommon to feel like your well-being is contingent on external circumstances, such as the approval of colleagues or supervisors.

4

The impact of inauthenticity

When you can't be yourself in your work and life, it ripples out into your daily experience in a negative way.

Stepping into Authentic Leadership

5

The benefits of authenticity

Depending on your values, success can be defined in various ways.

6

Characteristics of authentic leaders

Authenticity in the workplace can take shape using 5 characteristics.

7

The challenge of being authentic

When you know what holds you back, you can make a different choice or switch up your approach.

8

Leadership is more than a title

Even without meaning to, you might associate being a leader with specific titles or tasks.

Embracing Your Leadership Style

9

What type of leader are you

When you define your leadership style, you're better equipped to authentically embody this style as a strength and position yourself for greater results.

10

Achieving actualization

Even the most self-aware leaders may find themselves with blindspots that can be activated under stress.

11

Evolving your leadership

As you become more aware of your shadow traits, you unlock opportunities to evolve yourself as a leader.

Creating Connections

12

Presence over performance

One common approach to leading is by identifying what generates results and repeating that.

13

Deep listening

To be an effective leader, it's important to create interactions where others feel free to be authentic too.

14

Communicating with clarity

Stepping into more authentic leadership can bring up uncomfortable conversations, as it may invite more vulnerability or struggles.

Expanding Self-Leadership Skills

15

Going deeper with authenticity

Being able to transform your leadership approach using authenticity is a key step towards fully achieving your potential.

16

Dealing with discomfort

Growth can be confronting and inconvenient unless you know what you need to keep showing up.

Conclusion

17

Authenticity for all

Thank you for watching this course!

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