

Bringing Your Full Self to Work

GoSkills online course syllabus

Skill level

Beginner

Lessons

16

Pre-requisites

No prior experience needed

Video duration

56m

Estimated study time

56m 40s

Instructor

Michaud Garneau

Introduction

- 1 **Times are changing**
Notice the seismic changes in the working world the past 10 years.

Professionalism

- 2 **Core traits of a professional**
What it means to be a professional has fundamentally changed over time.
- 3 **Communicating effectively**
You can't get far without effective communication.
- 4 **Displaying competence**
Ask for clear expectations and measurable goals.
- 5 **Displaying respect**
It's okay to disagree with people, but it's not okay to be rude, close-minded or hateful.

Authenticity

- 6 **Recognizing authenticity**
There's a difference between being authentic and being unfiltered.
- 7 **Knowing your values**
Your values are what you care about. After this lesson, you'll be able to go through an exercise that will help you uncover and name your values.

8

Living your values

Knowing what your values are is the first step, and the second is acting on them.

9

Willingness to stand out

Standing out is scary and it's a part of being authentic.

Does Authenticity Belong at Work?

10

Understanding the risks

Standing up for what you care about isn't all sunshine and roses.

11

Understanding the rewards

With risk comes reward. After this lesson, you'll be able to recognize what you can gain from being authentic.

12

Make your decision

Once you understand the risks and rewards, then make your own choice.

The Modern Professional

13

Aligning with your values

Your values can be about HOW you do things, not WHAT you do.

14

Embodied communication

Be more convincing and get the alignment you need from others.

15

Shaping the future of work

Your decisions have impact.

Next Steps

16

Action plan

Ideas spark change, but to get change, you need action.

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