

Empowered Leadership: A Holistic Approach to Sustainable Success

GoSkills online course syllabus

Skill level

Beginner

Lessons

5

Pre-requisites

No prior experience needed

Video duration

11m

Estimated study time

11m 30s

Instructor

Kathy Robinson

Introduction

- 1** **Become an empowered leader**
Understanding the synergy between well-being and leadership is fundamental.

Foundations of Empowered Leadership

- 2** **Cultivating self-compassion in leadership**
Recognizing and embracing your strengths and weaknesses is crucial for leadership.
- 3** **Setting and achieving intentional goals**
The alignment of personal beliefs and professional goals helps leaders progress with intention and clarity.
- 4** **Fostering consistency and accountability**
Developing consistent habits and staying accountable are key to achieving success as a leader.

Conclusion

- 5** **Moving forward**
Thank you for watching this course!

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