

## **Grow your self-leadership**

### *Find your compass*

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What will you do in 10 to 20 years from now? How can you take action today and everyday towards your mission? What are your passions, values and strengths? What are your goals for the future and what are you doing today to reach them?

All you need in your career is passion, a compass to guide that energy and a plan that builds on your strengths to achieve your goals. This course teaches you to produce superior results by improving your personal effectiveness and leadership at both personal and interpersonal levels. It leverages the insights from Stephen Covey, Tom Rath, Simon Sinek, Tim Gallwey, and many other internationally recognised personal coaches and trainers.

This course will take you on a journey of self-discovery and will teach you how to step out of the passenger seat of your career. In other words, you will learn how to:

- Identify moments of personal choice
- Increase your personal effectiveness
- Identify your passions, values and personal strengths
- Develop a personal mission statement
- Set clear long and short term goals
- Create habits and a plan that will drive your focus to your goals
- Improve your interpersonal collaborations

### **Target group**

Postdoctoral researchers of the University of Antwerp who want to learn how to use their inner compass to excel in their career.

### **Time schedule & venue**

13/01/2023 (9h-17h), 27/01/2023 (13h-17h) and 10/02/2023 (13h-17h)  
Stadscampus, room to be confirmed

Additionally, this course will offer you the opportunity to learn from other participants up to 8 weeks after the training and will provide online tools for those who want to continue at their own pace. Two weeks ahead of the course, you will be asked to prepare for the training, which will include doing an online strengths finder assessment.

### **Coach**

[Robin Lefebvre](#), coach and business manager of the training company Grow to excel. His credo is "Excellent leaders are grown not born".

### **Registration procedure**

You can register online by clicking [this link](#), with approval of your supervisor (max. 20 participants, registration deadline: January 3<sup>rd</sup> 2023).

We look forward to your participation!

Talent Center

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