Module 1.
Introduction - The Five Pillars of Personal Leadership
What is Personal Leadership, and what are its 5 Pillars?

Module 2.
Webinar: My Learning Goals
What are my specific learning goals from Personal Leadership (Online), and how will this program address these goals?

Module 3.
Purpose: How to Pursue a Life Well Lived
How should I go about setting my goals and values in life in order to make sure I pursue a life well lived?

Module 4.
Purpose: Integrating Your Values into Your Everyday Life
How can I align my everyday life - at work and beyond - with my values?

Module 5.
Purpose: Achieving Greater Meaning in Work and Life
When I derive greater purpose/meaning from my work, and life in general, what benefits does this give me? How can I achieve this?

Module 6.
Growth: Cultivating Beliefs that Help You Grow
How much can I change myself? What roles do my beliefs and motivation play, and how can I engineer these to make sure I keep growing?

Module 7.
Growth: Applying Scientific Techniques for Personal Improvement
What are the scientifically established techniques that are employed by those who succeed at improving themselves?

Module 8.
Wisdom: Understanding the Optimal State for Emotions
How do specific emotions like Anger, Anxiety and Optimism help me, and how do they hurt me? What's the "Optimal State" I should seek to achieve?

Module 9.
Wisdom: Gaining Emotional Mastery - The Basic Principles
What are the stages in getting to emotional mastery? Which among typical approaches are NOT effective? What role does the brain play in our emotional life?

Module 10.
Wisdom: Using Behaviors to Master Your Emotions
What specific behaviors can I engage in to help me master my emotions

Module 11.
Wisdom: Mastering Emotions by Changing Your Thoughts (A)
What role do my thoughts play in driving my emotions? What are the typical pitfalls in my thoughts that get to trigger unproductive emotions?

Module 12.
Wisdom: Mastering Emotions by Changing Your Thoughts (B)
How can I analyze and rescript my thoughts in order to gain emotional mastery?

Module 13.
Wisdom: Managing Adversity and Rebounding from Setbacks
What are effective techniques for managing adversities in life and leadership? How can I become more effective at rebounding from setbacks?

Module 14.
Love: Building Fulfilling Relationships
How can I seek to turn around relationships that I am presently dissatisfied with? What behaviors and mindsets are critical to success in relationships?

Module 15.
Love: Understanding Love as a Central Force in Life and Leadership
How can I better understand the role of love in life and leadership?

Module 16.
Love: Putting the Personal Leadership form of Love in Action
How can I cultivate the Personal Leadership approach to love in everything I do?

Module 17.
Self Awareness: Connecting with Your Inner Core
What is my "Inner Core"? How does it help me to access this core? What techniques can help me access it?

Module 18.
Webinar: Making Personal Leadership a Reality
In what specific ways do I want to grow in my personal and professional life? What personal change plan can I implement to do this?

The duration of each webinar will be one hour.
All webinars will be recorded for the benefit of participants who are not able to attend.
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* Subject to change