

Self Leadership and Empowerment

“Whatever you can do or think you can, begin it. Boldness has genius, power and magic in it.”

Johann Wolfgang von Goethe

Effective leaders have the courage and the tool-kit to create positive results in a variety of situations. They also have a road map to guide them in making practical decisions. This intensive 2½ day seminar in self leadership and empowerment guides participants to:

- Take personal responsibility for their decisions, actions and results
- Uncover new levels of self-awareness
- Create a vision for personal and professional growth
- Find a pathway to drive personal visions into reality



“The ability to better understand myself has contributed so much to making me the best leader I can be.”

Jennifer Lee
Chapter President
MS Society

Who Should Attend

Since every employee and every organization benefits from personal improvement, this seminar is effective for people at all levels of the organization. Several companies have had all employees attend—from the CEO to the front line. Others have incorporated this seminar into an overall organizational development program.

Key Outcomes: Personal Responsibility. Increased Effectiveness.

Self Leadership and Empowerment-1 begins with taking personal responsibility for behaviors and results. It is the process of pulling together all the specific components of what we want in the key sectors of our life. It is increasing awareness of the impact of our behaviors on our self and others. It is creating a vision of the ideal for our life and career, and developing the insight to find the pathway to drive personal visions into reality.

This highly participative seminar blends lecture, reflection and interactive discussions to form a cognitive and experiential learning environment. A key focus is learning the cause and effect relationship between beliefs, thoughts, feelings, actions and results.

Participants in SLE-1 return to higher levels of teamwork and cooperation, as individuals consistently become “part of the solution” and they become more comfortable in expanding their competencies. As each individual grows, the organization increases flexibility, depth and effectiveness, which in turn creates bottom-line success for customers, employees and shareholders.

Customized Seminars and Train the Trainer

SLE-1 is customized to the industry, mission and behavioral values of an organization. The Stop At Nothing facilitator typically works with groups of 20 to 25 over a 2½ day session at a location chosen by the client. Many clients choose to offer this program multiple dates throughout a year to accommodate organizational demands. In addition, organizations with more than 300 employees may want to consider the economics of the train-the-trainer approach, in which Stop At Nothing facilitators train and certify trainers in the facilitation of the Self Leadership and Empowerment Seminar.



“SLE is the most impactful seminar I have experienced to transform people’s lives in three days. Employees and colleagues who have participated in this seminar have seen astounding results in their personal and professional lives.”

Jose Camarena
VP, Risk Operations
Fortune 100 Financial
Services Company



Self Leadership and Empowerment-2

After experiencing the benefits of the SLE-1 program, many organizations desire further development work and choose to offer the SLE-2 program to graduates of SLE-1. This continuation Self Leadership and Empowerment course deepens the work of the growing self-awareness and effectiveness of the leader. The program focuses more on experiential learning, situational leadership, dealing with stress and advanced stress management techniques, such as identifying related trigger points and behaviors.

Experiential learning helps participants take theoretical models and apply their learnings to everyday situations and find practical solutions. This program includes live feedback and coaching to help further implement lessons outlined in the course.

Extending Leader Development

In addition to the Self Leadership and Empowerment Seminar, Stop At Nothing provides a full range of executive development services:

Executive Coaching

- Customized Executive and Management Consulting Services (EXEC)

Team Development

- Cultural Transformation and Team Development (TEAM)

Sales Leadership

- Trust and Relationship Seminar (TRS-1)(TRS-2)

Individual Leadership Development

- High Impact Leadership Seminar (HILS-1, HILS-2, TLC, TLC-Adv)



SLE-1 Program Details

- Class Size:** 20-25 participants.
- Length:** 2 ½ - 3 days.
- Dates:** Agreed upon according to availability.
- Location:** Selected according to client objectives and convenience. Offsite is preferred.
- Tuition/Fees:** All customized programs will be designed with client input and followed by a proposal, timeline and fee schedule submitted for client review and approval.
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www.stopatnothing.com