



SAFFRON BAGGALLAY AND ASSOCIATES
PERSONAL MASTERY LAB

SELF-ESTEEM FOR LEADERS

2022 PROSPECTUS

WHAT IS SELF-ESTEEM? WHY DO LEADERS NEED IT?

Self-esteem is knowing in your body that you trust yourself & respect yourself enough to live with a healthy nervous system, which feels like happiness. Self-esteem is the birthplace for being comfortable with uncomfortable feelings, both yours & mine, which is what leadership is today.

BECAUSE LEADERS NEED TO GET OUT OF THEIR HEADS & INTO THEIR INTUITION !

- **Saffron Baggallay**





INVESTMENT PER PERSON ex VAT: R9 600

SELF-ESTEEM FOR LEADERS - LOGISTICS



Delegates have access to 12 lectures over 3 months on our LMS.



Delegates are encouraged to watch our instructor-led videos, take notes and complete the activities provided for each of those 12 lectures.



Delegates will be invited to work with a 'learning partner' on some of the material.



Once a week for 12 weeks delegates will come to a 60-minute online class to prepare the activities they have to complete that week.



Delegates will go into a break out room to ensure they each take something practical and applicable away from the online classes.



Delegates will be asked to complete quick, easy questions at the end of each week, to ensure we can measure that they are learning & benefiting.

HOW DO WE BUILD SELF-ESTEEM FOR LEADERS

LIVING CONSCIOUSLY - delegates learn to build a practical, intuitive ability to become *self-aware* and *self-observant*, with a focus on every day *conscious action*.

SELF-ACCEPTANCE - delegates learn to use the tools given to them to *manage shame*. Shame stops us from acceptance and creates defensive behaviour, which leaders cannot be; and breaks self-trust.

SELF-RESPONSE(ABILITY) - delegates will be asked to address their ability to respond to situations, relationships; and decisions, for example; and reflect on what this means for their own self-respect & self-trust.

SELF-ASSERTIVENESS - delegates will be asked to interrogate how they honour their own needs & values; and whether they know how to appropriately express these. Without this skill leaders are in danger of compromising themselves and their health.

LIVING PURPOSEFULLY - delegates will focus on the discipline needed to *take action* to achieve one's self-esteem goals & to ensure those goals are aligned to purpose.

PERSONAL INTEGRITY - delegates will learn how not to betray their own judgement, standards & beliefs & also not to betray the company's.





SELF-ESTEEM FOR LEADERS - TESTIMONIALS

“

In the sales industry, you need confidence and self esteem to sell. It's that simple.

People don't buy from negative people. And my sales team are affected by my self-esteem – If I can find ways to improve my self-esteem, and show them a positive attitude, it affects the entire business positively.

So this is a crucial area for companies to focus on – even more so if you are chasing targets!

- Chris Douglas CFP® Franchise Director – DCS uMngeni

”

WHAT ELSE WE OFFER



Beat Your Burnout By Cracking Your Code



Online One-One-One Coaching



How Unconscious Is Your Bias?



Mental Health Matters For Managers



Immersive Experiences



Reframe Your Future - an EQ Toolkit



SAFFRON BAGGALLAY AND ASSOCIATES
PERSONAL MASTERY LAB

FOR MORE
INFORMATION VISIT

www.saffronbaggallay.co.za