

Course title:	Self-Leadership & Empowerment in the 21st Century
Instructor:	Ngan-Tram Ho Dac
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Track:	A-Track
Language of instruction:	English
Prerequisites:	Students should be able to speak and read English at the upper intermediate level (B2) or higher.
Contact hours:	72 (6 per day)
ECTS-Credits:	7

Course description

How can you develop strong self-leadership and empower yourself for the challenges of the 21st century? Given the complexities of our globally-interconnected world ([VUCA](#)) and the manifold fields that urgently require action ([UN Sustainable Development Goals](#)), **a reliable personal compass** needs to be calibrated from the inside out. In this course, students develop their unique compass that can guide them for everyday decisions, life choices and meaningful action. Designed as a transformational journey with three phases, the course aims to facilitate self-awareness, establish leadership and empower confidence to walk one's own path.

Key concepts and models are taken from a wide range of disciplines, incl. developmental, social and organisational psychology, neuroscience and philosophy, management and systems theory. Theories are complemented with practical tools that students can apply after finishing the course, such as mindfulness and breathwork techniques, focusing and emotional regulation, compassion exercises, as well as dialogue and communication tools.

In the first part, students build a foundation with **practical self-awareness methods** to better know and understand themselves. They practice how to create a mental and relational space to deal with stress, conflicts and ambiguity. In a multicultural dialogue they learn to make their perspectives, values and motivations transparent. From these insights, the first core assignment is to sketch a personal purpose canvas. The goal is to establish an inner alignment and apply useful tools for self- and co-regulation.

Students are next introduced to **leadership skills and models** that can help them navigate through change. Key is to evolve a systemic mindset that places individual development within the collective context of working in teams, socio-cultural conditions, and global viewpoints. They get introduced to expert networks that work within the field of global impact and transformation and will prepare for this with a series of short presentations on relevant topics.

In the third part, students work on their **competence profile** to gain more clarity about their possible contribution in this world. In an archetypal Hero's Journey they empower their strengths, discover new talents and explore how to walk their own path. They complement this with gender-specific aspects and establish leadership qualities. The students who chose

not to give a presentation will write a short essay to reflect on learnings and growth moments.

The course provides basic experiences for the lasting development of a leadership personality.

Student profile

This course does not require any previous technical knowledge or experience. Students should come with the openness and curiosity to learn multi-perspective views on leadership and systemic change. They are asked to actively participate in the practical sessions including contemplation practices, conflict and dialogue work, and inner work for personal empowerment. Students from different backgrounds are very welcome to bring their interdisciplinary perspectives and culturally-diverse experiences into a respectful dialogue that creates a collective learning space.

Course requirements

Besides regular attendance, students need to fulfil three separate tasks to successfully complete the course. The first assignment for all students is to create a purpose canvas that reflects different aspects for a personally meaningful life. Students can choose their second assignment and prepare either a short presentation or a short essay. For the presentation, students dive deeper into an expert topic on transformational leadership and present it to their fellow students. In the written essay, students reflect and document their overall leadership journey. Acquired knowledge and competencies will be tested in a final written exam.

Overview:

1. Purpose canvas (based on the Ikigai model)
2. Short presentation (approx. 20 mins) or essay (approx. 6 pages)
3. Final exam (details tba)

Required language skills

The language of instruction is English. Language proficiency on an advanced intermediate level (B2) is a prerequisite for participation. For orientation purposes, you can assess your language skills here (Common European Framework of Reference for Languages ([CEFR](#)))

Grading

20% Active participation, incl. the creation of a purpose canvas
 30% Presentation or short essay
 50% Final exam

Readings

Linda Lehrhaupt & Petra Meibert, Mindfulness-Based Stress Reduction, 2012
 Richard C. Schwartz, Introduction to the Internal Family Systems Model, 2001
 Héctor García & Francesc Miralles, Ikigai: The Japanese Secret to a Long and Happy Life, 2017
 Dawson Church, Bliss Brain: The Neuroscience of Remodeling Your Brain for Resilience, Creativity, and Joy, Hay House Inc., 2020
 Hugh Blane, 7 Principles of Transformational Leadership, 2017
 Joana Breidenbach & Bettina Rollow, New Work needs Inner Work, 2019
 Prof. Don E. Beck et.al., Spiral Dynamics in Action: Humanity's Master Code, 2018
 Paul Rebillot & Melissa Kay, The Heros Journey: A Call to Adventure, 2017
 Richard Boyatzis, Annie McKee, Resonant Leadership, 2017

More tba

Course schedule

Date	Program*
Monday, June 06, 2022	Introduction to Self-leadership & Empowerment VUCA environment and challenges of the 21 st Century Overview and orientation on the leadership journey
Thursday, June 09, 2022	The Role of Self-awareness & Introspection Journaling and reflection exercises for better self-knowledge Mindfulness practices and stress reduction techniques
Monday, June 13, 2022	Working with the Inner Team Identifying personal motivations, values and goals Know yourself and make better decisions
Thursday, June 16, 2022	Learning from Conflict & Ambiguity Non-violent communication & multicultural dialogue Preparation for individual purpose work (hybrid, online tool)
Monday, June 20, 2022	--- Hand in purpose canvas & Choice of 2 nd assignment --- 21st Century Leadership Skills Introduction to neuroscience & modern leadership models Discovery of personal calling and direction of growth
Thursday, June 23, 2022	Transformational Leadership Model Mindset & competences to deal with change 8 Key qualities for transformational leadership
Monday, June 27, 2022	Evolutionary Change Models Navigating self-development and collective development --- Student presentations on selected topics --- Expert Impact Talk & Discussion Ulrike Glatz – Global Impact Alliance
Thursday, June 30, 2022	--- Student presentations on selected topics --- Expert Impact Talk & Discussion Martin Harder – Return on Character, Praesta GmbH Pascal Tsachouridis – Sustainable Innovation, Naturstrom AG (Field trips on-site if possible, tba*)
Monday, July 04, 2022	Building Self-Confidence & Empowerment Competence analysis on personal strengths Science and use of personality tests (hybrid, online tool)
Thursday, July 07, 2022	Experiencing the Hero's Journey Archetypal myths and creating a narrative identity Integrating powers of the hero and the shadow
Monday, July 11, 2022	--- Hand in written essay --- The Heroine's Journey & Female Qualities Gender-specific aspects of empowerment Resonant leadership and the power of compassion
Thursday, July 14, 2022	Final Exam Integration & consolidation of learnings

*Field trips are subject to change depending on the availability of appointments and speakers. On field trip days, class hours may be adjusted.