

know self.

be self.

do self.

self leadership masterclass :
how to cultivate, strengthen, and empower the self

introduction:

about karen &
this masterclass



self is the
pre-requisite

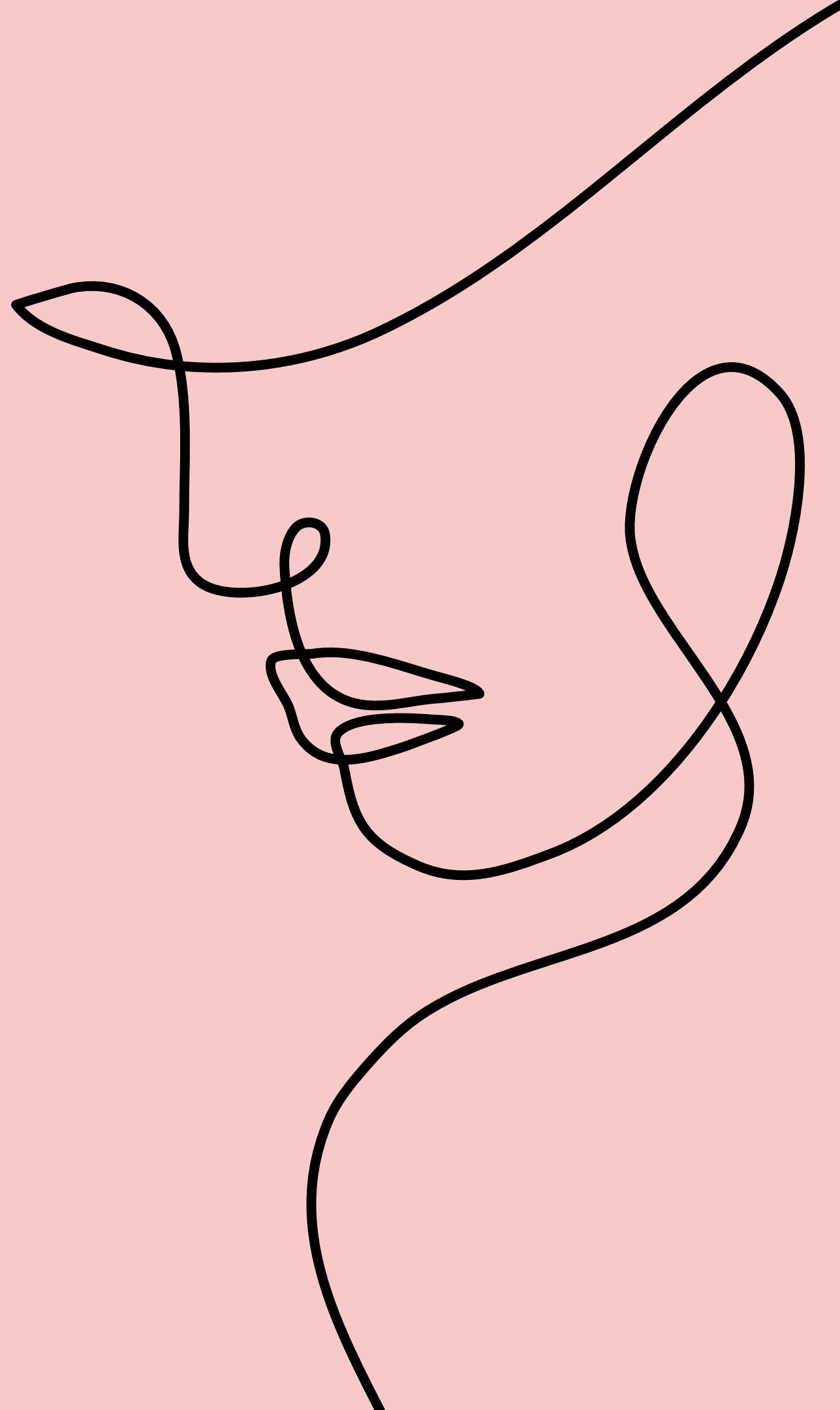




why explore the self?
who does it help?

activity:

i am _____.



step 1

know the self

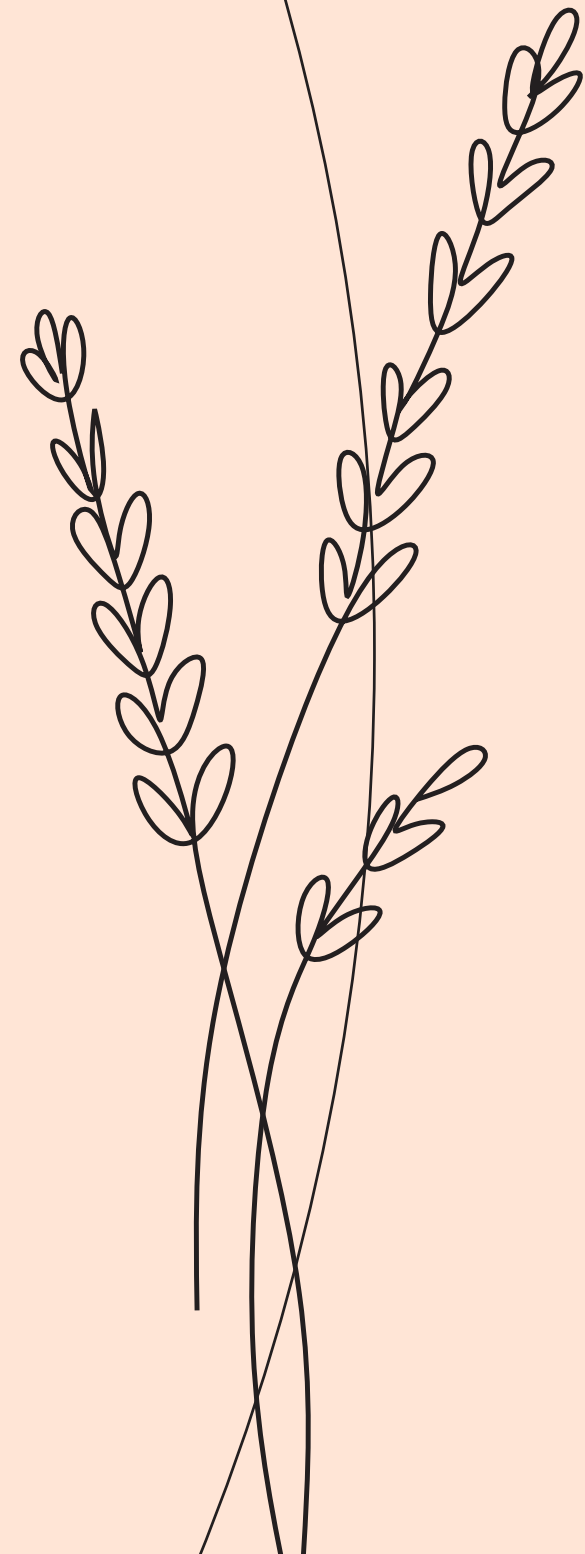


the self



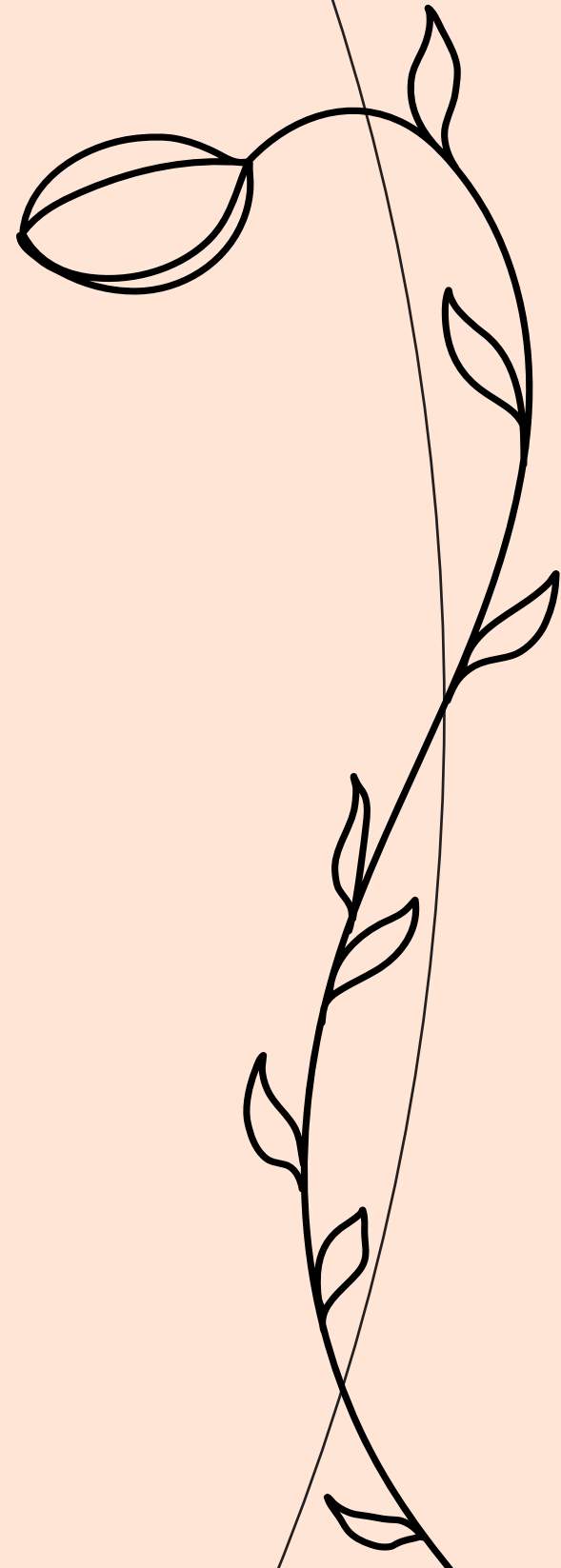
- as defined by psychology
- your self your way
- as an intentional act

the parts



- some aspects don't fit
- self vs parts
- your parts your way

permission



- you get to decide who you are
- you are always correct
- your way to do you

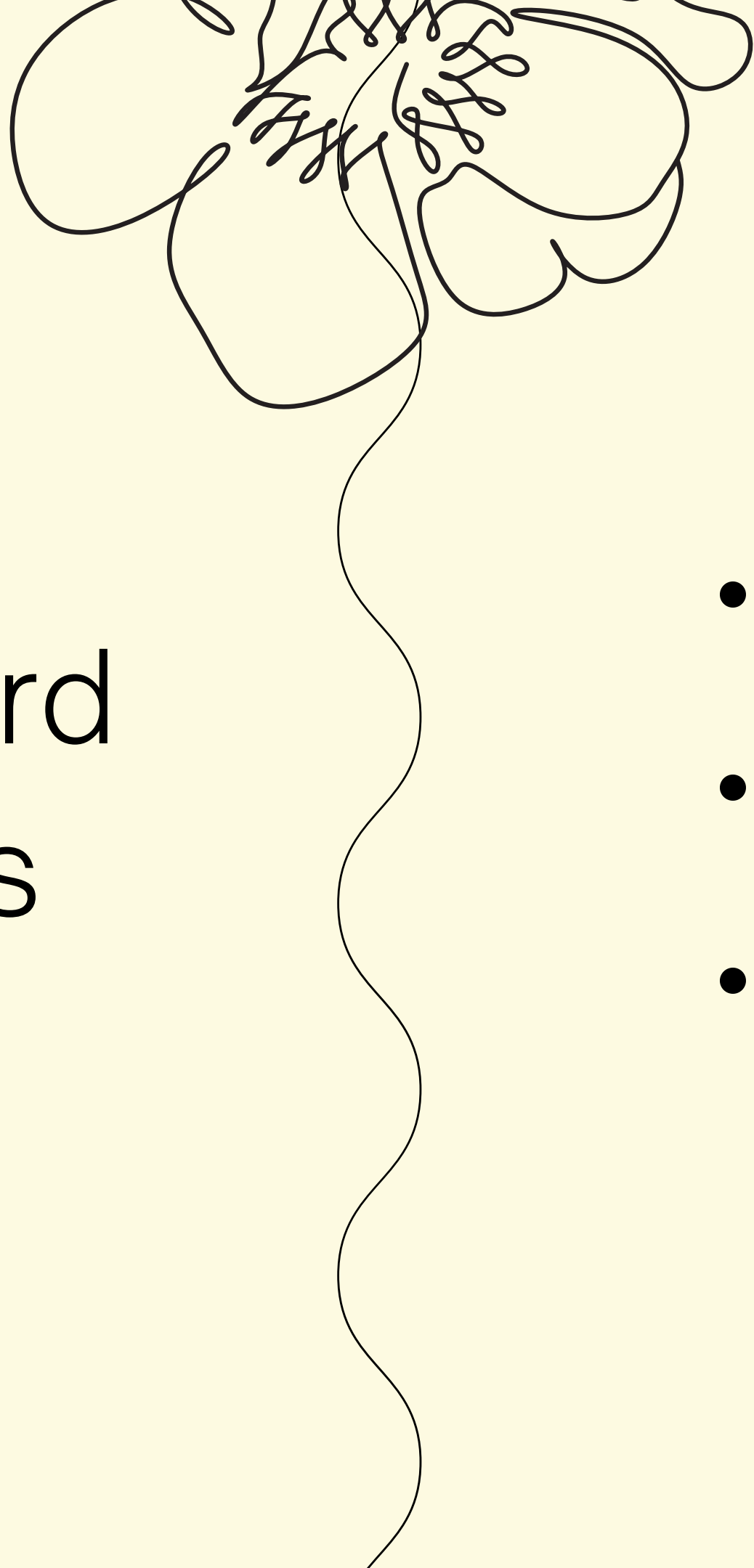
activity:
know *your* self



step 2:

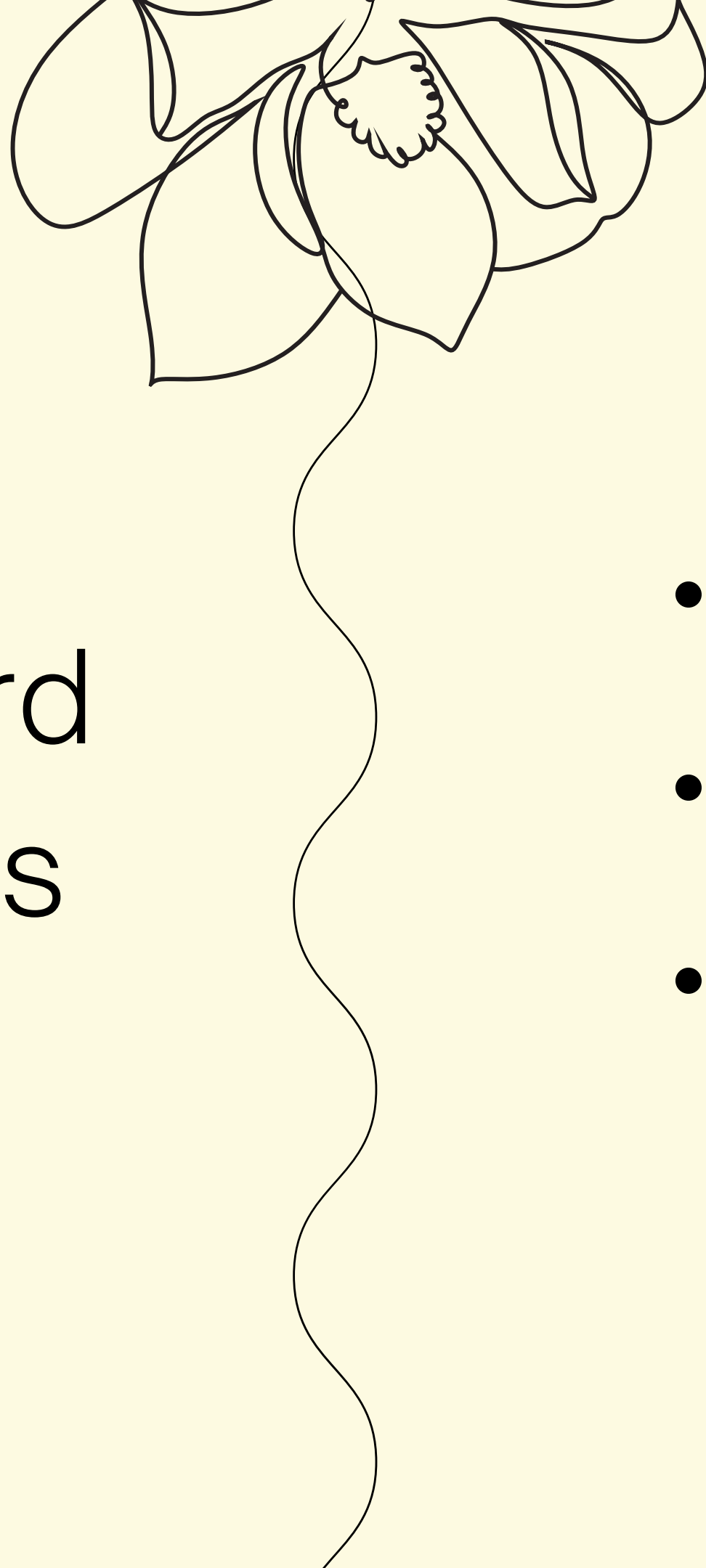
strengthen the self





outward
focus

- self discovery work
- caution: what if things change?
- self: the you that is just for you



inward focus

- shift your thinking
- helpful questions
- who gets the credit?



qualities of the self

- strengths
- values
- goals
- roles
- experiences
- archetypes
- personality
- purpose
- intuition & spirituality
- gratitude
- flaws

activity:
name *your* self





step 3:

engage the self

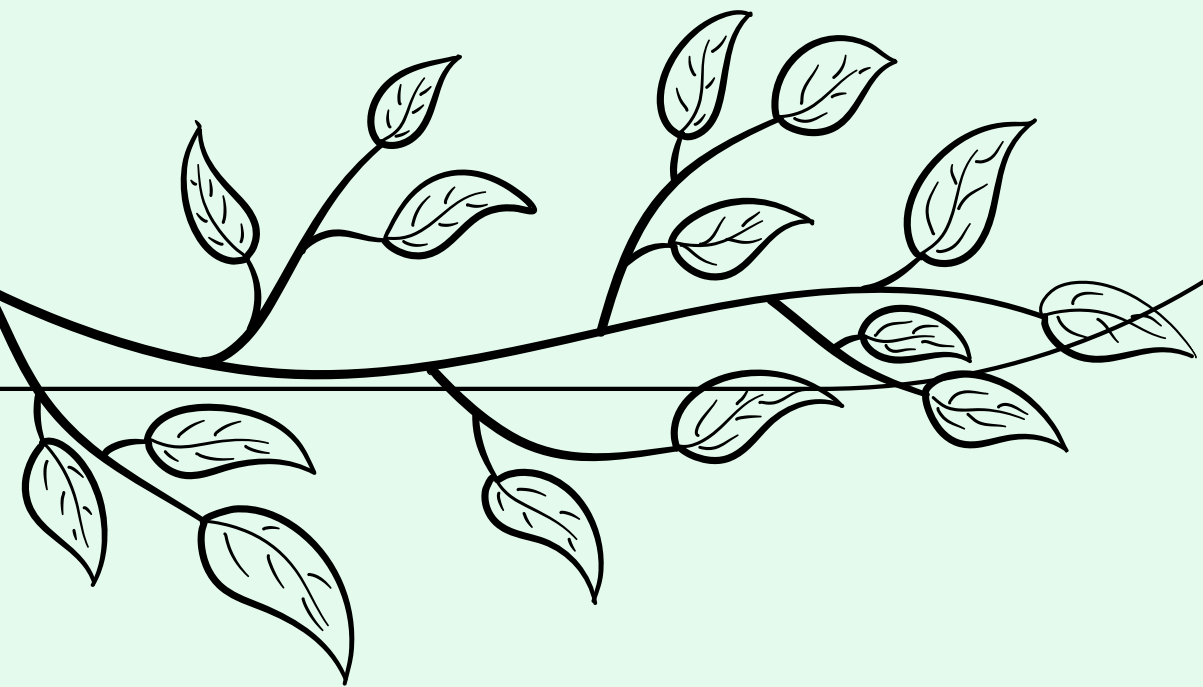
the leading self

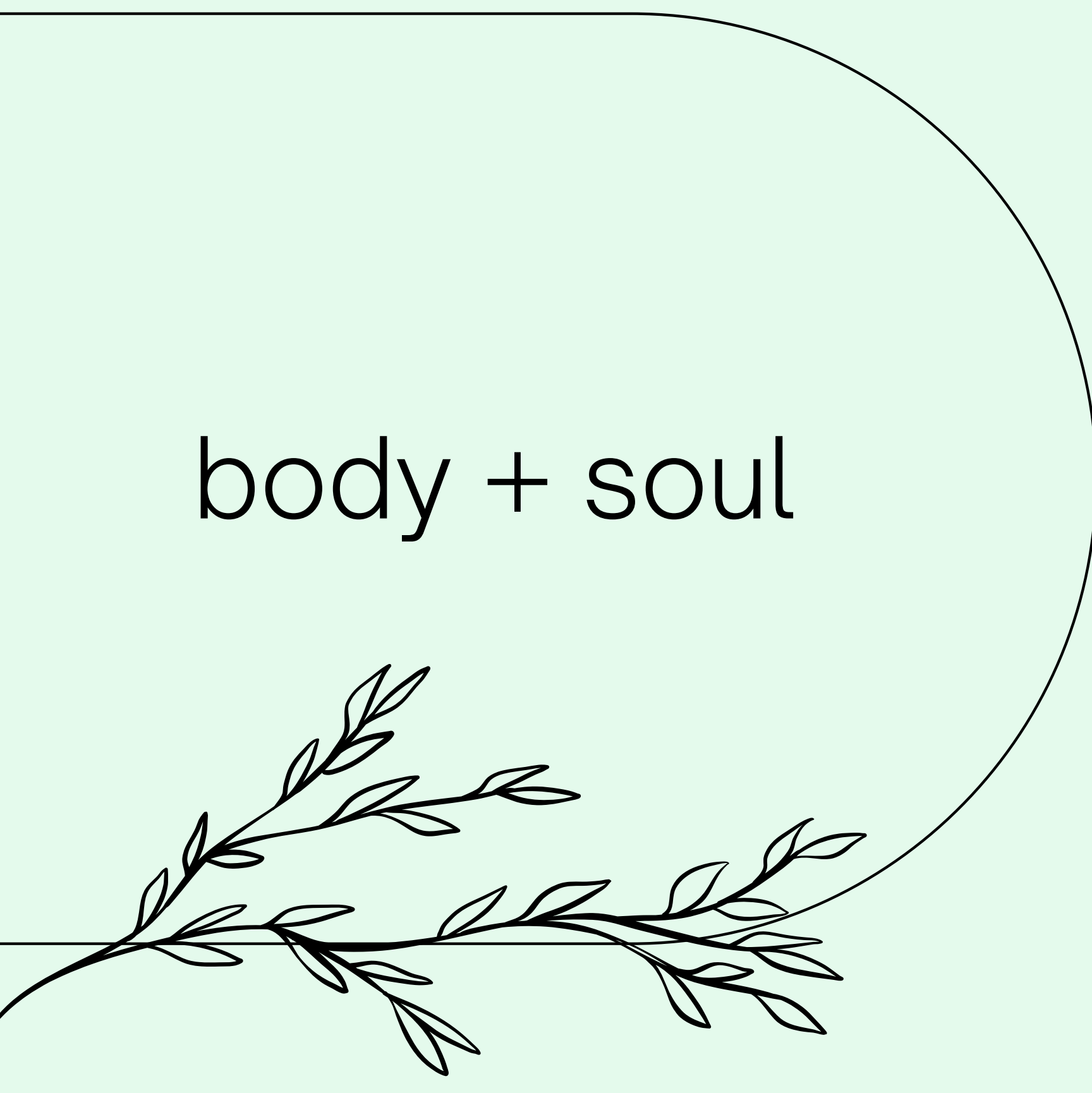
- the 8Cs
- leadership qualities
- engaging your way



the observing self

- noticing
- labelling
- mindfulness





body + soul

- not just the mind
- embodiment
- divine self

activity:
your self practice



to conclude:



- what self needs
- what self has to tell you
- space for self in your life

activity:
new i am + anchor



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