

## STA Leadership Framework

### Overview

The challenge of self-leadership and effective personal life faces every person. STA (*Set To Achieve*) Framework is a tool to find balance between personal and professional life in order to be a highly effective leader in a fast paced environment. The framework is a dynamic strategic self-leadership and career guide, which uniquely addresses personal development issues and is rich with corresponding materials, techniques and tools. The course is for managers of businesses and development organizations who are seeking to improve personal effectiveness.

### Objectives

- To evaluate critical issues relating to the interplay of key life areas, personalities, relational priorities, life phases and the quest for lasting legacies.
- To cultivate a life long learning, self-analysis and accountability pattern in personal and relational issues of leadership.
- To provide opportunity for participants to master and use a template for a five-year personal development plan that reconciles personal, relational and public life.

### Content Outline

- The ‘success failure’ problem
- The framework as a solution
- The framework’s features
  - Comprehensive approach to life
  - Social priorities vs. Social skills
  - Behavioral styles
  - Harnessing unique opportunities in stages of life
- Important things first (Managing time)
- Value of goal setting and goal getting (work ethic)
- Margins, limits and loads (Managing stress)
- Meeting needs and problem solving
- Diversity and inclusion
- Handling criticism and conflict
- Mastering personal wealth
- Balanced personal development plan
- Significance and finishing strong

### Featuring

- Wheel of life
- Life cycle analysis
- Relational value analysis
- DISC profiling
- Self-assessment exercises
- The Johari window
- TOWS matrix
- Career inventory tool
- Time management matrix
- Emphasis on application

### Benefits

- Build a strong competence and character base
- Monitor progress in both personal and public life
- Master a dynamic career development tool
- Avoid perils and pitfalls of success
- Emotional and physical well being
- Easy to use analytical tools
- Positive contribution to society
- Facilitate team development
- Improve overall personal performance

The course employs a mix of short lectures, lively interaction, case studies and/or individual and group exercises.

For more information about registering for this course, please contact STA Performance International on [info@staperformance.co.za](mailto:info@staperformance.co.za), or +27110428837.