



Self-Leadership

SEHG-SV-2639 · Business · approx. 10 min seat time · English · 100% online, self-paced

Accreditation & industry alignments: none verified on record — institutional accreditor mapping pending

COURSE DESCRIPTION

As we grow, we learn to become leaders. Being a leader is natural for some, and learned for others. No matter how we have become a leader, it is important to remember we must lead ourselves before we lead others. Take the time to motivate yourself and realize that you can do it.

Supervisors and Managers course: Self-Leadership.

WHO THIS COURSE IS FOR

Working professionals, team leads, and career-changers who want practical, job-ready Business skills — no prior coursework required. Teams and organizations can enroll groups for consistent, measurable upskilling.

SKILLS & LEARNING OUTCOMES

Upon completion, the student will be able to:

- Understand what self-leadership is
- Motivate yourself
- Set goals
- Reward yourself when positive things happen
- Think positively

WHAT'S INCLUDED

- 1 clock hour(s) of self-paced online learning
- 12 course modules
- 10 instructional videos — 10 minutes of total video runtime
- This syllabus (PDF), downloadable for reference
- Official SEHG Certificate of Completion upon finishing the course
- Language editions: English

Delivered 100% online and self-paced in the SEHG learning platform. This section lists the materials currently delivered for this course.

MODULE MAP

- **Module 1 — Introduction**
 - Course Objectives
- **Module 2 — What Is Self-Leadership?**
 - Sources
 - Before Action
 - During
 - After Action
- **Module 3 — Motivators**
 - Need for Autonomy

- Self-Efficacy
- External Factors
- Internal Factors
- **Module 4 — Behavior Focus (I)**
 - Focusers and Reminders
 - Cues
 - Self-Observation
 - Goal Setting
- **Module 5 — Behavior Focus (II)**
 - Purpose
 - Reward
 - Punishment
 - Practice
- **Module 6 — Natural Rewards**
 - Definition
 - Competence
 - Purpose and Self-Control
 - Life Activities
- **Module 7 — Constructive Thinking**
 - Positive Thinking
 - Self-Talk
 - Aware of Personal Beliefs and Assumptions
 - Opportunity Thinking
- **Module 8 — Well-Being (I)**
 - Emotional Intelligence
 - Stress Management
 - Optimism
 - Fun and Happiness
- **Module 9 — Well-Being (II)**
 - Fitness
 - Diet
 - Sleep
 - Personal Effectiveness
- **Module 10 — Individuality**
 - Personality
 - Locus of Control
 - Self-Monitor
 - Autonomy
- **Module 11 — Personal Application**
 - Diversity
 - Personal Problems
 - Workplace Problems
 - Social Responsibility
- **Module 12 — Assessment**

COMPLETION & CERTIFICATION

Completion-based: a certificate of completion is issued after all course videos have been viewed.
 The certificate of completion is non-credit. This course does not currently carry academic credit or CEUs.

OFFICIAL SEHG CERTIFICATE

Graduates receive the official Synergy University Education Certificate of Completion — issued by the Office of

the Registrar with a unique credential ID, shareable to LinkedIn and verifiable online.

Every certificate carries a unique credential ID — verify at:

SynergyEducation.AI/verify

SUPPORT, ACCESS & POLICIES

- Support: CEO@SynergyEducation.AI
- Accessibility: ADA/WCAG 2.1 AA-first delivery; accommodations available on request.
- Academic integrity and refund policies: per SEHG student handbook.

Enroll Today

Tuition per learner (Essentials tier) — enroll online with the course code below.

\$49 · SEHG-SV-2639 · SynergyEducation.AI

Also available: instructor-led workshop kits for teams — in-person training agendas, playbooks, and facilitator materials built on this course. Contact CEO@SynergyEducation.AI.