

## MODULE 1: PERSONAL MASTERY

# CHAPTER 1: INTRODUCTION

## WHAT IS PERSONAL MASTERY?

*“Personal mastery is the discipline of continually clarifying and deepening our personal vision, of focusing our energies, of developing patience, and of seeing reality objectively. And it goes beyond competence and skills, although it involves them. People with a high level of personal mastery live in a continual learning mode. They never ‘arrive’. Personal mastery is not something you possess. It is a process. It is a lifelong discipline.” Peter Senge<sup>1</sup>*

In this **MODULE** we will explore personal mastery in all these ways:

1. We will take a look at personal preferences and style through the lens of the **Myers-Briggs Type Indicator**.
2. We will learn about **Emotional Intelligence**, a key differentiator between leaders who succeed and those who don't.
3. Optional: Using the **360 Degree Feedback** instrument, you will be able to receive anonymous feedback about YOUR impact in your role, and discover how others perceive you.
4. You will have the opportunity to take a step back in time to look at themes and patterns you've encountered in your life's journey up to today with your own **Lifeline**.
5. We will explore your personal **Values, Mission, and Vision**.

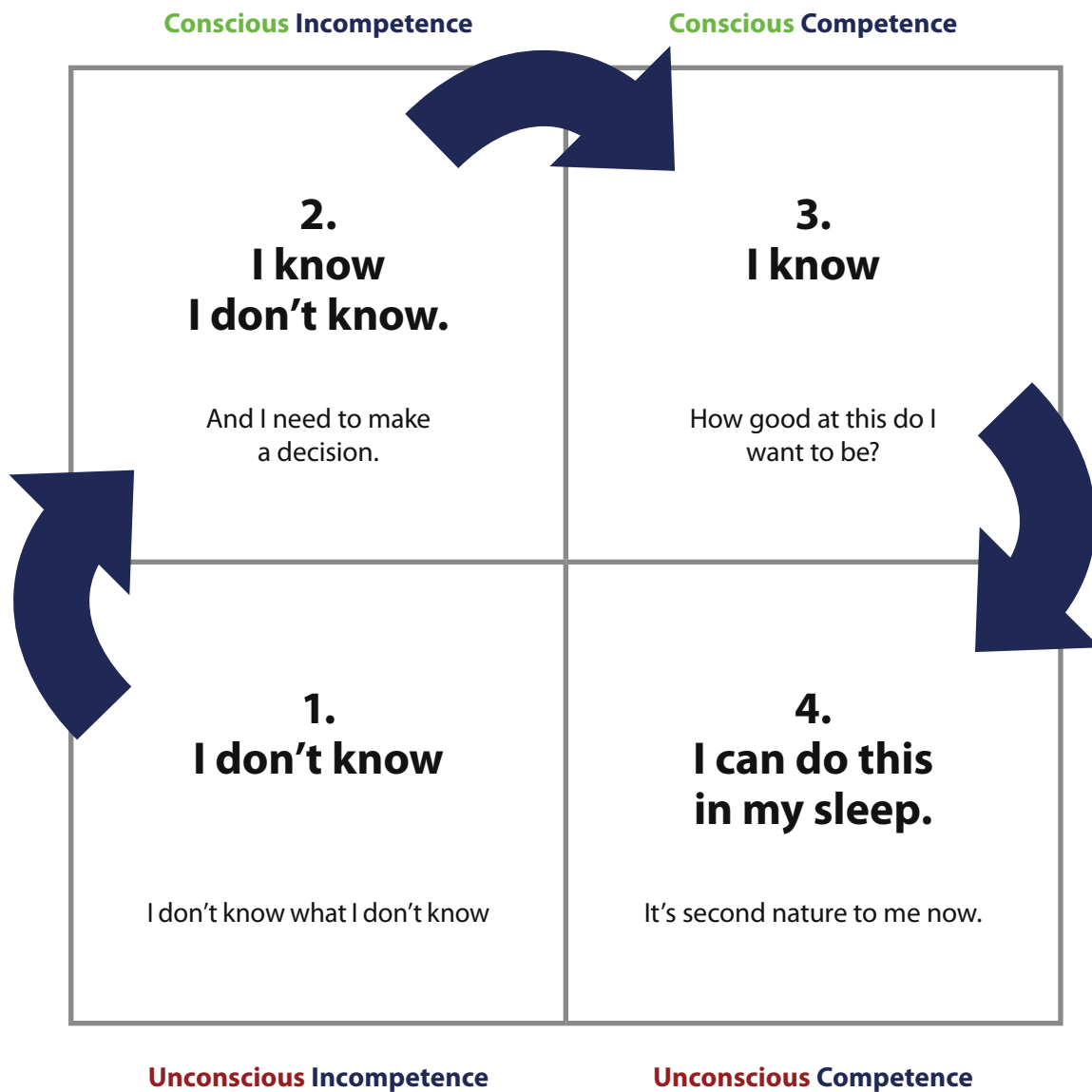
The purpose of this exploration is to help you build the self-awareness and insight you need as a leader, to give you a source of inspiration, and to provide a call to action as you move forward in your leadership and personal journey.

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Personal  
MasteryPersonal  
Mastery ToolkitInterpersonal  
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## HOW LEARNING OCCURS<sup>2</sup>



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## 3-LEGGED STOOL

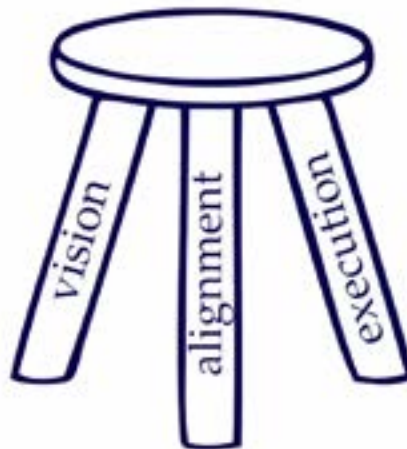
**Most if not all leadership challenges can be understood and solved when we focus skillfully on THREE THINGS:**

**VISION:** You need to know where you are going

**ALIGNMENT:** You need to engage and align people to follow you there

**EXECUTION:** You need to get the job done

This is your 3-LEGGED STOOL. When you get these 3 things right, you'll get most things right. You can confidently lead from these 3 no matter where you sit or stand right now.



In your personal mastery journey – we will help you discover who you are, where you want to go, how you can best align others to your vision, and finally, identify what is and is not working in the execution of your vision and getting the job done well.