

learning leadership skills

Week 1  
Leading the Self: Mindfulness, Inner Stability, and Positive Strengths

- Mindfulness and Inner Stability
  - Automatic Cycle of Behavior
  - Multitasking
  - Mindfulness
  - Our Two Selves
- Understanding and Developing Positive Strengths
  - Understanding the Learning Mindset
  - Building a Learning Mindset
  - Positive Strengths: Hope
  - Positive Strengths: Optimism
  - Positive Strengths: Resilience
  - Positive Strengths: Self-efficacy

- Emotional Intelligence
  - Understanding Emotional Intelligence
  - Emotional Intelligence: Managing Anger
  - Emotional Intelligence: Managing Fear
  - Emotional Intelligence: Managing Shame and Guilt
  - Emotional Intelligence: Managing Envy
  - Emotional Intelligence and Our Inner Talk

- TREAT Leadership
  - TREAT Leadership: Task-orientation
  - TREAT Leadership: Relation-orientation
  - TREAT Leadership: Empowerment
  - TREAT Leadership: Authenticity
  - TREAT Leadership: Team-building

Week 2  
Leading Downward: Leader Behaviors and Leadership Styles

- Leadership Styles
  - TREATment styles
  - Essential Reading: Leadership Style Inventory
  - Educate TREATment style
  - Engage and Execute TREATment Style
  - Energize TREATment style
  - Empower TREATment Style

- Understanding Your Leadership Style
  - Scoring Leadership Style Inventory
  - Leadership Effectiveness: Situational Leadership
  - Leadership Effectiveness: Managing High Performers
  - Leadership Effectiveness: Managing Demotivated Individuals

Week 3  
Building Sustainable Relationships: Supportive Communication and Decision-making Biases

- Associative Coherence and Decision-making Biases
  - Associative Coherence and Decision-Making Bias
  - The Anchoring Bias
  - The Availability Bias
  - Overconfidence and Confirmation Bias
  - Framing Bias
- Attribute Substitution and Decision-making Biases
  - Attribute Substitution and Representative Bias
  - Sunk-cost Bias
  - Understanding System 1 and System 2 of Decision-Making
  - Developing Skilled Intuitions

- Supportive Communication
  - Supportive Communication
  - Principles of Supportive Communication: Listening
  - Principles of Supportive Communication: Non-judgmental
  - Principles of Supportive Communication: Validating
  - Principles of Supportive Communication: Authentic
  - Fundamental Techniques of Handling People

Week 4  
Power, Politics, and Leading Upwards

- Understanding Power
  - Understanding Power in Organizations
  - Sources of Power: Personal
  - Sources of Power: Positional
  - Sources of Power: Relational
  - Sources of Power: Conflicts and Dominance

- Developing and Leveraging Networks
  - Understanding Networks and Their Characteristics
  - Understanding Network Characteristics: Breadth
  - Understanding Network Characteristics: Strength
  - Understanding Network Characteristics: Density
  - Understanding Network Characteristics: Centrality and Structural Holes
  - Principles of Developing Networks

- Politics and Leading Upwards
  - Politics: Using Power to Influence Others
  - Politics: Negative or Positive
  - Leading Upwards and Paradigms of Human Interactions
  - Leading Upwards: Art of Working with Bosses

Week 5  
Ethics, Culture, and Change Management

- Navigating Ethical Dilemmas
  - Ethical Dilemmas: What are they?
  - Ethics and Morals: Understanding the Difference
  - Resolving Ethical Dilemmas: Ethical Purpose
  - Resolving Ethical Dilemmas: Ethical Principles
  - Resolving Ethical Dilemmas: Pragmatism
  - Resolving Ethical Dilemmas: Principled Pragmatism
- Leadership and Change Management
  - Challenges of Change Management
  - Essentials of Change Management: Leadership
  - Essentials of Change Management: Coalition
  - Essentials of Change Management: Culture

- Leadership and Culture
  - Understanding Organizational Culture
  - Leadership and Organizational Culture
  - LEAP Organizational Culture: Learning Mindset and Enjoyment
  - LEAP Organizational Culture: re: Autonomy and Performance
  - Cultural Transformation: TREAT for LEAP

Week 6  
Leadership and Ancient Indian Wisdom: Lessons from the Mahabharata

- Lessons from the Mahabharata: Individual and Organisational Leadership
  - Karna: The Quest for Identity
  - Ashwatthama: Mindfulness and Emotional Stability
  - Kunti: Vision, Values, and Positive Leader Behaviors
  - Shakuni: Power, Politics, and Stratagem

- Understanding the Mahabharata and its Characters
  - Mahabharata: The Origin
  - Mahabharata: Plot and the Conflict
  - Mahabharata Characters: Bhishma - The Grandsire
  - Mahabharata Characters: The Kauravas
  - Mahabharata Characters: The Pandavas
  - Mahabharata's Other Characters: Karna, Dronacharya, and Ashvatthama

- Resolving Paradoxes and Ethical Dilemmas
  - Bhishma: Life and Deeds
  - Bhishma: Resolving Paradoxes
  - Krishna: Life and Deeds
  - Krishna: Principled Pragmatism
  - The Mahabharata Code: The Leadership Triangle

Week 7  
Peer Review Assignment

- Leadership Lessons from the Life of a Legend or a Hero
- Leadership Lessons from the Life of a Legend or a Hero