



3 Courses

Leading Oneself with Self-Knowledge

Leading Oneself with Purpose and Meaning

Leading Oneself with Personal Excellence



University
of Colorado
Boulder

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T. Sathiyarayanan

has successfully completed the online, non-credit Specialization

Principles of Leadership: Leading Oneself

In this specialization learners gain the critical self-knowledge and awareness to make a positive impact in at least one avenue of their lives — personal, professional or spiritual. Key topics include situational and social awareness, the role of the alter ego, the impact of cognitive patterns on behavior, intentional change theory, overcoming perfectionism, legacy and impact, and mental toughness.

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