



Self-Reflection and Self-Coaching: Turning Weaknesses into Personal Growth

Description

To move forward, you need to know what you want—and where (or what) you are. Knowing yourself, analyzing your own strengths and weaknesses, and building a personal development plan from there is a skill that is becoming increasingly valuable in our agile world. This e-training is designed to help participants engage in self-reflection in an appreciative and constructive way. It supports them in identifying their strengths and using those strengths as personal resources. Participants will also learn to recognize and accept weaknesses and challenges with a growth mindset. Finally, the course guides them in working purposefully on their personal development while building the willpower to stay committed over the long term.

Target Audience

Employees with or without leadership roles who want to better understand themselves – including their strengths and weaknesses – to find a constructive, development-oriented way of dealing with them.

Learning Objectives

- Engaging in self-reflection in an appreciative and development-oriented way
- Analyzing personal strengths and weaknesses and deriving development goals
- Coaching oneself to proactively pursue personal development and building the willpower to achieve goals