

WITH TAMER
ABOALAM

Leadership Mini Course

Workbook



DAY 1

Leadership Mindset

In each one of the 5 situations listed, reflect on how you react in this situation and check the relevant box accordingly, with your **current** behavior and write down how you feel.

Then go to the growth mindset side and write down how do you plan to react in **the next time** this situation occurs.



DAY 2

Self-Awareness

This exercise is meant to help you define your top 5 values that guide your decision making. Those values could be the code you're living by today, or ones you'd like to display more in your character.

After finishing the exercise, you would have defined your core values. Keep them near as they act like your compass in life, and specially in difficult situation. They act as a reminder of what's important to you. They will be most handy when you face a tough and potentially moral decision.

Step one

List your current top 5 values

Step two

List as many values as come to your mind in each of the below situations. Aim to have 20-40 values in total after answer all questions, without worrying about repeating the same values. Answer these questions and fill in your values for each question on the following pages.

1. What are the traits and qualities you admired in:
 - a. Your parents while growing up
 - b. Your role model
 - c. Your favorite boss
2. Who's your favorite action hero? What traits do they display?
3. Who's your favorite celebrity? What traits do they display?
4. What character trait do you dislike the most in friends? What's the opposite of these ones?

DAY 2

Self-Awareness



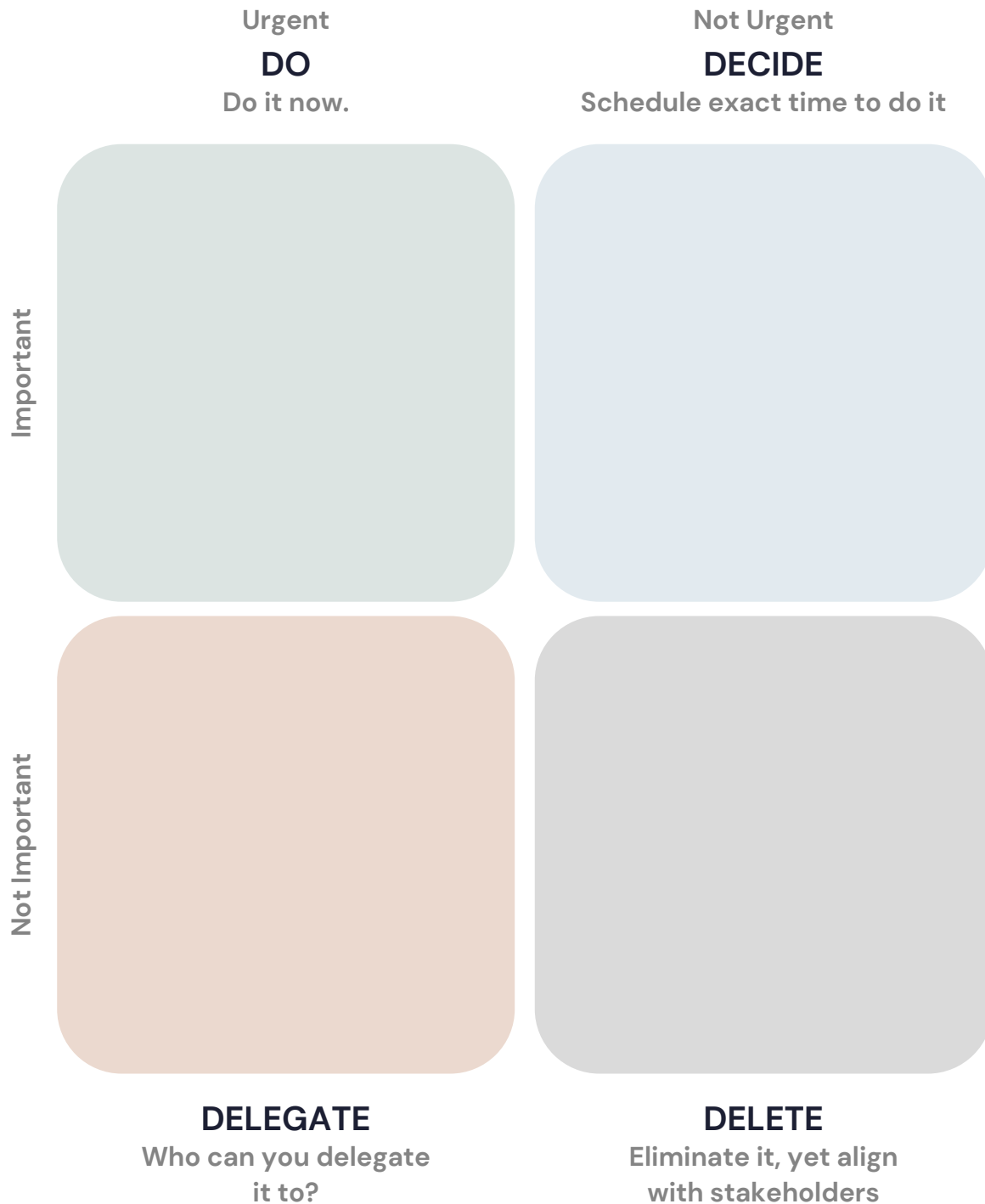
DAY 2

Self-Awareness

DAY 3

Leadership Fundamentals

The Eisenhower Decision Matrix



DAY 4


Leading Successful Teams


Discussion/ Meeting	Involved Persons	Level of Listening	Future Improvements	Level of listening


DAY 4


Leading Successful Teams

Levels of listening guide:

-  **Level 1: pretend listening**

-  **Level 2: Pseudo listening**

-  **Level 3: Active listening**

-  **Level 4: Empathetic listening**

THE DOORS ARE OPEN

**Join the Live Online Program and
dive even deeper and finally unify
your diverse team**



Enrollment Closes Friday March 1, 2024

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