

Justice Institute of British Columbia
COURSE OUTLINE

Course Code: LEAD100
Course Title: Lead Yourself First
Prerequisite Courses: none
School: SCSJ
Division/Academy/Centre: Centre for Leadership
Previous Course Code & Title:
Course First Offered: April 2013

# of Credits:	1.5
----------------------	------------

Course Description:

At the core of being an effective leader is the knowledge of who you are in order to lead authentically. In this course, you will gain a deeper understanding of your personal leadership style and its impact on others. You will assess and reflect on the values and beliefs that support your authentic leadership style, discover the power of personal passion, engagement and purpose to manage yourself and others and lead more effectively in your organization. Through self-assessments, exercises, and skills practice you will develop a better understanding of yourself and the challenges of personal leadership.

Course Goal(s):

The goal of this course is to strengthen your personal leadership skills to provide you with an enhanced level of self-awareness to increase your effectiveness to lead authentically in a variety of contexts and to produce significant and sustainable results.

Learning Outcomes:

Upon successful completion of this course, you will be able to:

1. Identify your personal leadership strengths, values, preferences, and ways of working.
2. Assess your leadership identity.
3. Develop a clear personal vision and goals.
4. Examine emotional intelligence theory, the theory of emotional regulation, and their applications.
5. Analyze your own reactions, judgments, emotions, and thought processes.

6. Utilize assertive communication skills including clarity, plain language and enhancing your listening skills.
7. Apply skills to self-manage and self-develop.
8. Discuss the importance of trust and assess personal level of trust.
9. Identify wellness factors and apply methods and tools to enhance personal wellness.
10. Describe the significance of personal accountability.
11. Participate in reflective dialogue with self and others.

Course Topics/Content:

Day 1

- Defining Personal Leadership and Context
- Personal Values and Ethics
- Personal Goal Setting - Vision and Purpose
- Personal Accountability
- Introversion-Extraversion Continuum
- Personal Engagement
-

Day 2

- Behavioural Preferences
- Emotional intelligence
- Risk Tolerance
- Trust Continuum
-

Day 3

- Personal Change Resiliency
- Resiliency and Psychological Hardiness
- Communication Typology
- Authentic Communication
- Accountability
- Personal Development

Text and Resource Materials:

Required: No Text Required

Recommended:

Details of all recommended resources will be provided.

Course Level:

x	First Year		Second Year		Third Year		Fourth Year
	Graduate		Other (describe):				

Equivalent Course(s) within the JIBC:

Class Delivery Methods:

Delivery Methods	Class Option A (Hours)	Class Option B (Hours)	Class Option C (Hours)	Class Option D (Hours)
Classroom/Lecture/Discussion	14			
Simulation/Lab	7			
Practicum/Fieldwork				
Online				
Correspondence				
Total Class Hours	21			

Comments on Delivery Methods:

This is a face to face class and students are expected to participate in a variety of small group work, discussions, simulations and large group discussion/lecture.

There are pre-readings and activities that will be completed outside of classroom hours.

Course Grading System:

	Letter Grades		Percentage	x	Pass/Fail
	Complete/Incomplete		Attendance Only		
Passing Grade:		Pass/Fail			

Evaluation Activities and Weighting:

Final Exam	%	Assignments	%	Project	%	Capstone Project	%
Midterm Exam	%	Portfolio	%	Participation	25%	Other	%
Quizzes/Test	%	Simulations	75%	Practicum	%	TOTAL	100%

Comments on Evaluation Activities and Weighting:

100% attendance in all classes required.
 Active contribution in large and small group discussions expected.
 Must complete all activities.

Other Course Guidelines, Procedures and Comments:

View official versions of related JIBC academic regulations and student policies in the *JIBC Calendar* on the following pages of the JIBC website:

Academic Regulations:

<http://www.jibc.ca/programs-courses/jibc-calendar/academic-regulations>

- Student Academic Integrity Policy
- Academic Progression Policy
- Admissions Policy
- Academic Appeals Policy
- Evaluation Policy
- Grading Policy

Student Policies:

<http://www.jibc.ca/programs-courses/jibc-calendar/student-policies>

- Access Policy
- Harassment Policy – Students
- Student Records Policy
- Student Code of Conduct Policy

JIBC Core Competencies

The JIBC promotes the development of core and specialized competencies in its programs. Graduates of our programs will demonstrate high levels of competence in the following areas:

Critical thinking

Identify and examine issues and ideas; analyze and evaluate options in a variety of fields with differing assumptions, contents and methods.

Communication, oral and written

Demonstrate effective communication skills by selecting the appropriate style, language and form of communication suitable for different audiences and mediums.

Leadership

Inspire individuals and teams to reach their potential by embracing innovation through strategic thinking and shared responsibility.

Independent learning

Show initiative by acting independently in choosing effective, efficient and appropriate applied learning, research and problem solving strategies.

Problem solving

State problems clearly; effectively and efficiently evaluate alternative solutions; choose solutions that maximize positive and minimize negative outcomes.

Interpersonal relations

Know and manage oneself; recognize and acknowledge the needs and emotions of others including those with diverse backgrounds and capabilities.

Inter-professional teamwork

Understand and work productively within and between groups, respect others' perspectives and provide constructive feedback with special attention to inter-professional relationships.

Information literacy

Recognize and analyze the extent and nature of an information need; efficiently locate and retrieve information; evaluate it and its sources critically, and use information effectively and ethically.