



Syllabus of Module

8. Myself Management

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Module Annotation

It is important to understand and know yourself and your purpose before becoming a good leader. Your meaning, your qualities and the path that is the best for you. Life is too short to waste our precious time and to fragment it into activities that are not in line with our purpose. Therefore, this module concentrates on our inner leadership. Stress management and time management loosely follow this topic only as a supplement to the first area of "I". Because when we are solving the "I," everything else is being solved at the same time with it.

Module Objective

Module goal is to find your meaning, your purpose, and your path leading to them. This means to follow the lead of your inner compass.

Literature

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4. KUSHNER, Harold. Living a Life that Matters: Resolving the Conflict Between Conscience and Success. Alfred A. Knopf Publishing, 2001.
5. MILLMAN, Dan. Four Purposes of Life. New World Library, 2011.
6. SHARMA, Robin S. Leadership Wisdom from the Monk Who Sold His Ferrari. HarperCollins Publishers, 2010.
7. SHARMA, Robin S. The Saint, the Surfer, and the CEO. Hay House Inc., 2003.

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