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# STUDENT EMPOWERMENT, ENGAGEMENT AND REPRESENTATION IN LEBANESE UNIVERSITIES

## StEER-Leb

Training Curriculum  
Leadership and Self-confidence



## TRAINING TITLE: LEADERSHIP AND SELF-CONFIDENCE

<b>Targeted participants</b>	Students
<b>Number of participants</b>	Between 80 and 100
<b>Duration (contact hours)</b>	120 minutes

### Objectives

- Recognizing and analyzing the opportunities that a leader comes across.
- Recognizing the importance of self-confidence and self-trust in the work of the leader.
- Acknowledging the importance of independence and interdependence in effective leadership throughout the habits of an effective manager.
- Defining 4 habits of successful leaders.
- Sharing 14 ways to boost self-confidence.

## CONTENT

### Self-Management:

- The importance of managing the personal character of a leader.
- Self-confidence as key to confidence and trust in the team.
- The importance of having the habits of an effective leader.

### Habit one: Dynamism and Motivation

- Surmount the reactive reflex that harms the effectiveness.
- Widen the circle of potency in order to reach your objective.
- Be resourceful in facing the limited sources around.

### Habit two: Starting with the Finality in Mind

- Set your proper input as leader on the project.
- Focus on an outcome-oriented state of mind in every activity of a project.

### Habit three: Priority Strategy

- Exclude all time and energy wasters while focusing on the long-term plan.
- Envisage a correspondent amount of time for each part of the project with a sufficient place and allocation to risk management and new opportunities.
- Achieve your goals by possessing through measurable objectives and outcomes on weekly or monthly basis.

#### **Habit 4: Power Release**

- Appraise the capacities and visions of the team members one by one in order to have an angle at your activity from all perspectives.
- Maximize a cooperative work strategy to enhance creativity in solving problems and managing risks.
- Deliver an honest and targeted feedback in an uplifting way to improve performance.

#### **The following habits can also be discussed:**

1. **Practice it until you get it.** Make building your confidence into a habit and practice it daily or even hourly. Do not wait until you are feeling vulnerable before you think about it. The more your inner confidence becomes a habit and a practical skill, the more secure you can be knowing it is there when you need it.
2. **Establish realistic self-awareness.** Knowing your leadership strengths will give you confidence and facing up to the areas where you need more development will help you determine what you need to focus on to get better at what you do.
3. **Make the most of your mistakes, then ignore them.** Mistakes are for learning, and only those who say they never take a wrong step ceased to develop. Treat mistakes as a source of information and an opportunity to learn.
4. **Limit self-blame.** Kicking yourself for past inadequacies gives fuel to self-doubt, so be encouraging with yourself as you would with someone on your team. Blaming yourself is a waste of time that could be spent moving forward with the intention of doing better with each new experience.
5. **Pick a role model.** Choose a leader you admire. What qualities do they possess? Which of those qualities do you already have, and which do you need to develop?
6. **Celebrate wins.** We are often too busy getting things done that we hardly take the time to acknowledge our wins. Celebrating accomplishments is a great way to boost your confidence.
7. **Align your mind and body.** Pay attention to your body language and your thoughts so they can be aligned and not in conflict.
8. **Own your strengths as well as your weaknesses.** Many of us are so busy owning our weakness that we forget to own our strengths – the parts of us that are capable and competent to feel confident about what we do and who we are.
9. **Stretch yourself.** Try something outside the scope of what you have done before. Stretch your boundaries, go outside your comfort zone. From discomfort comes growth.
10. **Be kind to yourself.** Being kind to yourself is an important skill in building a leadership strategy. Issues with self-confidence are often rooted in a bad habit of punishing yourself and withholding rewards. Learn to treat yourself with kindness and your confidence will grow.
11. **Do not give in to self-doubt.** If you are in a position of leadership, it is not an accident. Know that you have what it takes to lead well and that others believe in you.

12. **Give yourself credit.** A leader is all about making other feel inspired and motivated – but who gives the leader credit and inspiration? If necessary, give it to yourself.
13. **Upgrade your network.** A better group of people in your network helps your leadership and builds your confidence as you connect with people who can help you develop.
14. **Help others be more successful.** Leadership confidence is not just about building your own track record of successes. The essence of leadership is helping others around you become more successful. And when you do, you also help yourself.
15. **Lead from within:** Confidence is the key ingredient of smart leadership, but it must be cultivated and development if it does not exist.

### **Conclusion:**

Discussion with the participants about their previous experience and their identification to a 4-habit leader.

## **DESCRIPTION OF THE TRAINING METHODOLOGY**

Presentation with an interactive debate.

## **PREPARATION BY PARTICIPANTS BEFORE THE TRAINING (IF APPLICABLE)**

No preparation is required by the participants.

## **MATERIAL TO BE PROVIDED TO PARTICIPANTS DURING THE TRAINING**

PowerPoint presentation

## **REFERENCES**

<https://widermindset.com/>  
Lolly Daskal - 14 Things Smart Leaders Do to Boost Their Own Confidence

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