UNIT OUTLINE FOR MTL201.8 SELF-LEADERSHIP

Name of Unit 1 (Unit Code 1)
Self-Leadership (MTL201.8)

SECTION 1 – GENERAL INFORMATION

Administrative details

Associated higher education awards	Duration	Level (for example, introductory, intermediate, advanced level, 1st year, 2nd year, 3rd year)	Unit Coordinator (incl. academic title)
GradDipLead, MLead	One semester	Advanced	Head of Program

Core or elective unit

Indicate if the unit is a

☒ core unit

☐ elective unit

☐ other (please specify below):

Unit weighting

Using the table below, indicate the credit point weighting of this unit and the credit point total for the course of study (for example, 10 credit points for the unit and 320 credit points for the course of study).

Unit credit points	Total course credit points
6 credit points	48 / 72 cps

Student workload

Using the table below, indicate the expected student workload per week for this unit.

No. timetabled hours per week	No. personal study hours per week	Total workload hours per week
3	6	9

For those students requiring additional English language support, how many additional hours per week is it expected that they will undertake?

Additional English language support: __0___ hours per week

Pre-requisites and co-requisites

Are students required to have undertaken a prerequisite or co-requisite unit for this unit?

☒ Yes　☐ No

If YES, provide details of the prerequisite or co-requisite requirements below.

Pre-requisite: CS8106 Meaningful Living

SECTION 2 – ACADEMIC DETAILS

Brief description of the content of the unit
A significant part of being an effective leader is being aware of one's own capacity, capabilities, and professional constitution. This unit allows students to explore how they function in leadership contexts and to identify both areas of strengths and areas that need improvement. Students will be introduced to recent theories of self-leadership and key concepts that they can incorporate into their own leadership practice to make them more effective leaders.

Learning outcomes for the unit
1) Analyse and explain some of the key personal qualities required of effective leaders in contemporary faith-based organisations in light of key theories of leadership and personal growth
2) Engage in self-reflection which allows students to identify strengths and areas for growth and development in their own leadership journey, in the light of contemporary leadership theory and the Christian tradition
3) Develop, implement, and reflect on strategies for personal growth that increases their leadership effectiveness in their professional context

Assessment tasks

Type	Learning Outcome/s assessed	When assessed – year, session and week	Weighting
Book Review Students are to write a 2000-word review on *Leading from the Inside Out*. This review should (i) focus on the main qualities of self-leadership that Rima identifies and indicate how these intersect with the responsibilities of a leader in a faith-based organisation. Drawing on the lecture material, this review should also (ii) identify two main strengths and two main struggles that you face in self-leadership.	1, 2	Week 6	35%
Self-Leadership Plan Students are to design a plan which identifies three main areas for improvement in their own self-leadership. Drawing on contemporary leadership theory and the Christian tradition, they must then outline strategies that can be realistically implemented to address these. The plan should be 2500 words long and should draw on a minimum of 15 academic resources.	1, 2, 3	Week 10	45%
Reflection on Implementation Students are to implement some of the strategies they identified in their self-leadership plan and then write a 1000 word reflection on the effectiveness of these strategies.	2, 3	Week 14	20%

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2.1 Prescribed and recommended readings

Provide below, in formal reference format, a list of the prescribed and recommended readings for the unit.

Prescribed reading:

Recommended reading:

Blackburn, Simon. *Mirror, Mirror: The Uses and Abuses of Self-Love*. Princeton: Princeton University Press, 2014.

Blanchard, Ken, Susan Fowler, and Laurence Hawkins. *Self-Leadership and the One Minute Manager*. Revised ed. London, UK: HarperCollins, 2018.

Brown, Jasmin O. *Integrity: The Importance of Integrity in Christian Leadership*. Blommington, IN: WestBow, 2017.

Bryant, Andrew, and Ana Kazan. *Self-Leadership: How to Become a More Successful, Efficient, and Effective Leader from the Inside Out*. New York, NY: McGraw Hill, 2013.

Fox, Kenneth, A. *Energise Your Emotions for Life: Practical Self-Leadership for Satisfying Relationships and Friendships*. Eugene, OR: Wipf & Stock, 2018.

McLean, Pamela. *Self as Coach, Self as Leader: Developing the Best in You to Develop the Best in Others*. Hoboken, NJ: Wiley, 2019.

Nardi, Dario. *8 Keys to Self-Leadership: From Awareness to Action*. Huntington Beach, CA: Unite Business, 2005.

Neck, Christopher P., Charles C. Manz, and Jeffrey D. Houghton. *Self-Leadership The Definitive Guide to Personal Excellence*. Thousand Oaks, CA: SAGE, 2016.

Reeder, Harry L. *The Leadership Dynamic: A Biblical Model for Raising Effective Leaders*. Wheaton, IL: Crossway, 2008.

Rima, Samuel D. *Leading from the Inside Out: The Art of Self-Leadership*. Grand Rapids, MI: Baker, 2000.

Ross, Stanley C. *The Road to Self-Leadership Development: Busting Out of Your Comfort Zone*. Bingley, UK: Emerald, 2015.

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