Course Title: Your Leadership Journey: Self-Reflections and Actions for Growth
Course Code: BUS 84
Instructor: Suzanne Taylor

Course Summary:

Where do you want to go as a leader, and how are you going to get there? Research from the Stanford Graduate School of Business shows that using a journey mindset is a more resilient and effective way to picture your path, instead of focusing on a destination. This class offers research-backed frameworks and tools to help you grow as a leader. Clarify your purpose and values, so that you can consistently act in a strong, centered, and resilient way. Become more aware, intentional, positive, and compassionate. Build your emotional intelligence, which is the most important skill for successful leadership. Explore how to help others be engaged, make progress, face challenges, and grow. Stretch yourself to become more charismatic and brave. With this interactive and engaging class, you’ll gain new insights, expanded skills, and a roadmap for your leadership growth.

*Please see course page for full description and additional details.

Note About Live Attendance and Recording:

These classes will be recorded. However, you will get much more benefit by attending the live online classes with me and the rest of the students, as we will have interactive activities, discussions, and more learning by engaging with others. If you are taking the class for a grade or credit, then live attendance is an important factor with details described below.

Grade Options and Requirements:

- No Grade Requested (NGR)
  - This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.

- Credit/No Credit (CR/NC)
  - Students must attend at least 4 live class sessions.

- Letter Grade (A, B, C, D, No Pass)
  - Students must attend at least 5 live class sessions for an A grade and at least 4 live class sessions for a B grade

Please contact the Stanford Continuing Studies office with any questions
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Tentative Weekly Outline:

**Class 1: Mindful Leadership**
- what do leaders do and how do they grow?
- journey mindset
- emotional intelligence and authentic leadership

**Class 2: Purposeful Leadership**
- values and purpose
- positivity and possibility
- resilience

Between classes 2 & 3: Optional individual 30-minute call w/ Suzanne to practice a coaching framework and get help on a goal

**Class 3: Trust and Psychological Safety**
- giving and receiving feedback
- influence and persuasion
- building relationships

**Class 4: Strong Leadership**
- managing conflict
- leveraging strengths
- team development

**Class 5: Guide, Empower, and Inspire**
- bringing out the best in yourself and others
- difficult conversations
- managing stress and replenishing