

7 Things Great Leaders Do With Free Time

GoSkills online course syllabus

Skill level

Beginner

Lessons

9

Accredited by

Verified by GoSkills

Pre-requisites

No prior experience needed

Video duration

22m

Estimated study time

22m 5s

Instructor

Monique Russell

Introduction

- 1** Valuing your free time
Free time is often the first to be sacrificed in a busy schedule.

Maximizing Your Free Time

- 2** Connecting with your mentor
Mentors provide invaluable support in your leadership journey.
- 3** Mastering existing skills
Expanding your proficiencies is a crucial to your leadership. After this lesson, you'll be able to strategically assess and develop your skills.
- 4** Practicing lifelong learning
Adopting a student mindset can elevate your expertise and experience.
- 5** Exploring your hobbies
Connecting with your interests and passions prepares you to authentically engage with your team.
- 6** Focusing on wellness
Intentional self-care significantly enhances your work efficacy.
- 7** Nurturing your network
Relationships are central to your professional and personal life.

8

Giving back

Carving out time for generosity can transform your well-being and leadership effectiveness.

Conclusion

9

Finding restoration

Thank you for watching this course!

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