

# Authentic Leadership

GoSkills online course syllabus

**Skill level**

Beginner

**Lessons**

17

**Accredited by**

Verified by GoSkills

**Pre-requisites**

No prior experience needed

**Video duration**

51m

**Estimated study time**

51m 55s

**Instructor**

Sweta Chawla

## Introduction

---

1

### Being authentic

In today's world, bringing your authentic self is an important component to staying engaged at work.

## Let's Get Real

---

2

### What's motivating you?

When you have self-awareness, you can make changes that improve environment and experiences.

3

### Self-security vs. job security

It's not uncommon to feel like your well-being is contingent on external circumstances, such as the approval of colleagues or supervisors.

4

### The impact of inauthenticity

When you can't be yourself in your work and life, it ripples out into your daily experience in a negative way.

## Stepping into Authentic Leadership

---

5

### The benefits of authenticity

Depending on your values, success can be defined in various ways.

6

### Characteristics of authentic leaders

Authenticity in the workplace can take shape using 5 characteristics.

**7** **The challenge of being authentic**  
When you know what holds you back, you can make a different choice or switch up your approach.

**8** **Leadership is more than a title**  
Even without meaning to, you might associate being a leader with specific titles or tasks.

## Embracing Your Leadership Style

---

**9** **What type of leader are you**  
When you define your leadership style, you're better equipped to authentically embody this style as a strength and position yourself for greater results.

**10** **Achieving actualization**  
Even the most self-aware leaders may find themselves with blindspots that can be activated under stress.

**11** **Evolving your leadership**  
As you become more aware of your shadow traits, you unlock opportunities to evolve yourself as a leader.

## Creating Connections

---

**12** **Presence over performance**  
One common approach to leading is by identifying what generates results and repeating that.

**13** **Deep listening**  
To be an effective leader, it's important to create interactions where others feel free to be authentic too.

**14** **Communicating with clarity**  
Stepping into more authentic leadership can bring up uncomfortable conversations, as it may invite more vulnerability or struggles.

## Expanding Self-Leadership Skills

---

**15** **Going deeper with authenticity**  
Being able to transform your leadership approach using authenticity is a key step towards fully achieving your potential.

# 16 Dealing with discomfort

Growth can be confronting and inconvenient unless you know what you need to keep showing up.

## Conclusion

---

# 17 Authenticity for all

Thank you for watching this course!

[Go to GoSkills.com](https://www.goskills.com)