# Goskills

# Bringing Your Full Self to Work

GoSkills online course syllabus

**Skill level**
Beginner

**Lessons**
16

**Accredited by**
Verified by GoSkills

**Pre-requisites**
No prior experience needed

**Video duration**
56m

**Estimated study time**
56m 40s

**Instructor**
Michaud Garneau

# Introduction

### 1 Times are changing
Notice the seismic changes in the working world the past 10 years.

# Professionalism

### 2 Core traits of a professional
What it means to be a professional has fundamentally changed over time.

### 3 Communicating effectively
You can't get far without effective communication.

### 4 Displaying competence
Ask for clear expectations and measurable goals.

### 5 Displaying respect
It's okay to disagree with people, but it's not okay to be rude, close-minded or hateful.

# Authenticity

### 6 Recognizing authenticity
There's a difference between being authentic and being unfiltered.

**7** **Knowing your values**

Your values are what you care about. After this lesson, you'll be able to go through an exercise that will help you uncover and name your values.

**8** **Living your values**

Knowing what your values are is the first step, and the second is acting on them.

**9** **Willingness to stand out**

Standing out is scary and it's a part of being authentic.

# Does Authenticity Belong at Work?

**10** **Understanding the risks**

Standing up for what you care about isn't all sunshine and roses.

**11** **Understanding the rewards**

With risk comes reward. After this lesson, you'll be able to recognize what you can gain from being authentic.

**12** **Make your decision**

Once you understand the risks and rewards, then make your own choice.

# The Modern Professional

**13** **Aligning with your values**

Your values can be about HOW you do things, not WHAT you do.

**14** **Embodied communication**

Be more convincing and get the alignment you need from others.

**15** **Shaping the future of work**

Your decisions have impact.

# Next Steps

# 16    Action plan
Ideas spark change, but to get change, you need action.

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