

Bringing Your Full Self to Work

GoSkills online course syllabus

Skill level

Beginner

Lessons

16

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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