COURSE SYLLABUS

Executive Survival Skills Course

The course helps participants be better equipped to lead change through a deeper understanding of leadership and team building skills and practices. The curriculum covers topics such as leading in turbulent times, emotional intelligence and leadership roles, leadership presence, situational leadership, change dynamics and tools, team development and trust, and appreciative inquiry. This course will address the theoretical and practical leadership aspects essential for survival in today's changing environment. Examine how the leader's attitude, values, and beliefs influence organizational performance. Analyze your critical thinking/ decision-making processes and apply strategies to improve them. Learn to be resilient, overcome setbacks and avoid career derailment in the rapidly changing, high-pressure environment of executive leadership.

Group classes (Live Online) and onsite training are available for this course. For more information, email onsite@graduateschool.edu or visit: https://sdfm.graduateschool.edu/courses/executive-survival-skills



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Course Outline

Module 1: Climate Setting / Course Overview

- Introduce course objectives and participant expectations
- Establish a collaborative learning environment
- Begin discussion of key leadership concepts

Module 2: Leading in Turbulent Times

- Define "executive survival" and understand its leadership relevance
- Explore the Executive Survival Framework: Self, Others, Environment
- Identify key survival characteristics and political competence behaviors
- Complete political skill assessments and reflection exercises

Module 3: Emotional Intelligence

- Apply Daniel Goleman's EI framework and Rational Behavior Therapy (RBT)
- Practice emotional self-regulation and social awareness through case studies
- Use emotional intelligence in team conversations and performance discussions

Module 4: Executive Presence

- Define and self-assess executive and leadership presence
- Explore key presence behaviors using the PRES model

- Practice authentic expression and behavioral adjustments to improve presence

Module 5: Change Dynamics

- Understand the executive's role in organizational change initiatives
- Apply concepts from Bridges' Transition Model and Kotter's 8-Step Process
- Identify leadership pitfalls and strategies for navigating transitions

Module 6: Situational Leadership

- Use Hersey and Blanchard's situational leadership model to assess team needs
- Identify personal leadership style through assessments and exercises
- Practice adapting leadership approaches in group decision-making activities

Module 7: Conflict Management

- Explore personal conflict management style through self-assessments
- Understand emotional and interpersonal dynamics during conflict
- Apply learned techniques through structured case studies and debriefs