

2019.HS

<b>Module Name: Self Leadership</b>			
Module Code	w.BA.XX.2SLS.XX		
Module Description	<p>"Be the change that you wish to see in the world." (Mahatma Gandhi) "Only those who lead themselves can lead." (Urs Baldegger)"If life does not have a vision of what one longs for, then there is no motive to get involved." (Erich Fromm)"Recognize yourself." (Delphi)"The very great achievers have always managed themselves." (Peter Drucker)Those wanting to lead others successfully, whether as project leaders, managers, or subject specialists, must first strengthen their own self leadership competence. That being said, a self-determined, meaningful, and content life requires an in-depth exchange with one's own self in order to achieve clarity about where and how one wants to have an effect.This module is based strongly on experience-based learning. It requires a high intrinsic motivation and willingness to engage actively with oneself and the other participants. In the sense of the Johari window, this means reducing the "blind area," "my secret," and "unknown area" quadrants, which equates to an increase in self-understanding. Students are confronted with very different models and exercises, including positive psychology (Seligman), leadership research (Furtner &amp; Baldegger), project management (IPMA ICB 4.0), coaching (systemic coaching, WaVe mission coaching, career coaching), mental training (high-performance sports), and mindfulness practice (MBSR according to Kabat-Zinn, Search Inside Yourself (SIY) created at Google).It is about understanding (more) clearly what I would like to do with my life (creating a life vision), what is really important to me (defining guiding values), what my strengths (creating a strength profile) and needs (recognizing a necessary set of conditions) are, how I can successfully implement my self-imposed goals (goal-setting competence, project management), and how to deal constructively with the stumbling blocks along the way (resilience, problem-solving competence).Attendance is compulsory for all lessons. The majority of the contact lessons will take place during a 2.5-day block event (Fri, 11 October 2019, 9 a.m. to Sunday, 13 October 2019, noon) to be held in a newly renovated self-catering center near Zurich. In addition, classes take place twice at the beginning of the semester, and once towards the end.Students must pay additional costs of approx. CHF 80 per person for accommodation and meals. Students must ensure that they are available on these days before registering for this elective. The accommodation is self-catering, so students will be expected to contribute (in return, the cost is very moderate).Student feedback from past semesters:"This module was really a lot of fun - definitely one of the highlights of my time at ZHAW.""I especially liked the fact that we were trusted to run our own workshop and allowed to work independently.""The mood was also very positive. I find that if you can laugh together, much has already been accomplished and a certain basis of trust is created.""We all got to know each other very well in only a short period of time and had a few really great days together. The "hot seat" exercise was one of the highlights for me.""Creating a life vision and a project plan have helped me break down my goals into manageable steps which I can now pursue one step at a time.""The weekend was fantastic! I've not experienced anything like it throughout my studies."</p>		
Program and Specialization	<ul style="list-style-type: none"> <li>§ Business Administration - Accounting, Controlling, Auditing</li> <li>§ Business Administration - Banking and Finance</li> <li>§ Business Administration - Banking and Finance (FLEX)</li> <li>§ Business Administration - Banking and Finance (PiE)</li> <li>§ Business Administration - Economics and Politics</li> <li>§ Business Administration - General Management</li> <li>§ Business Administration - Risk and Insurance</li> <li>§ Business Information Technology</li> </ul>		
Legal Framework	Academic Regulations BSc dated 29.01.2009, Appendix to the Academic Regulations for the degree programs in Business Administration, Business Information Technology, and Business Law, first adopted on 12.05.2009		
Module Category	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%;"><b>Module Type:</b> Compulsory Elective</td> <td style="width: 50%;"><b>Program Phase:</b> Main Study Period</td> </tr> </table>	<b>Module Type:</b> Compulsory Elective	<b>Program Phase:</b> Main Study Period
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ECTS	3		
Organizational Unit	W Zentrum Unternehmensentwicklung Ltg.		
Module Coordinator	Elias Jehle (jehl)		
Deputy Module Coordinator	-		
Prerequisite Knowledge	-		

Contribution to Program Learning Goals (Affected by Module)	§ Professional Competence § Methodological Competence § Social Competence § Self-Competence		
Contribution to Program Learning Objectives	Professional Competence § Knowing and Understanding Content of Theoretical and Practical Relevance § Apply, Analyze, and Synthesize Content of Theoretical and Practical Relevance § Evaluate Content of Theoretical and Practical Relevance Methodological Competence § Problem-Solving & Critical Thinking § Scientific Methodology § Work Methods, Techniques, and Procedures § Information Literacy § Creativity & Innovation Social Competence § Written Communication § Oral Communication § Teamwork & Conflict Management § Intercultural Insight & Ability to Change Perspective Self-Competence § Self-Management & Self-Reflection § Ethical & Social Responsibility § Learning & Change		
Module Learning Objectives	Students... § increase their self-leadership competence. § are able to conceptualize a workshop on the subject of self leadership, to carry it out externally, and to produce a suitable written assignment.		
Module Content	See module description		
Links to other modules	-		
Methods of Instruction	§ Lecture § Interactive Instruction § Application Tasks § Exercises § Explorative Learning § Literature Review	<b>Social Settings Used:</b> § Individual Work § Pair Work § Group Work	
Digital Resources	§ Teaching Videos § Practice and Application Exercises (with Key)		
Type of Instruction	<b>Classroom Instruction</b>	<b>Guided Self-Study</b>	<b>Autonomous Self-Study</b>
Large Class	-	-	
Small Class	28 h	30 h	
Group Instruction	-	-	
Practical Work	-	-	
Seminar	-	-	
<b>Total</b>	<b>28 h</b>	<b>30 h</b>	
Performance Assessment			
<b>End-of-module exam</b>	<b>Form</b>	<b>Length (min.)</b>	<b>Weighting</b>
-	-	-	-
<b>Permitted Resources</b>	-		
<b>Others</b>			
	<b>Assessment</b>	<b>Length (min.)</b>	<b>Weighting</b>
Realizing a personal project	Grade	-	40,00 %
External workshop on self-leadership	Grade	-	40,00 %
Self-reflection / organizational contribution	Grade	-	20,00 %
Classroom Attendance Requirement	Attendance is compulsory for all lessons. The majority of the classes will take place during a 2.5-day block event (Fri, 11 October 2019, 9 a.m. to Sun, 13 October 2019, noon), which will be held at a newly renovated self-catering center. In addition, classes will be held twice at the beginning of the semester and once towards the end. Students must pay an additional CHF 80 for their accommodation and meals. Students must ensure that they are available on these days before registering for this elective. The accommodation is self-catering, so students are expected to contribute (in return, the cost is very moderate).		
Language of Instruction/Examination	German		
Compulsory Reading	§ Furtner, M. & Baldegger, U. (2016). Self Leadership und Führung. 2nd edition. Wiesbaden: Sprunge Gabler. ISBN 978-3-658-13044-2. Also available as an e-book from the ZHAW library. § Jehle, E. & Müller, A. (2017). Projektmanager in der Selbstverantwortung. Zeitschrift Führung + Organisation (zfo), 2017 (04), pp. 220-225.		

Recommended Reading	<p>§ Kaiser, A. (2010). Der eigenen Berufung folgen. In: Fuchs, A. &amp; Kaiser, A. (ed.): Der Ausbruch aus dem Hamsterrad, pp. 17-35. Wien: Böhlau.</p> <p>§ Schweizerische Gesellschaft für Projektmanagement (spm) &amp; Verein zur Zertifizierung von Personen im Management (VZPM) (2016). Swiss Individual Competence Baseline (swiss.ICB4) Version 4.0. Glattbrugg: spm &amp; VZPM. ISBN 978-3-9524735-0-4.</p> <p>§ Hunziker, A. (2018). Positiv führen. 1st edition. Zürich: SKV. ISBN 978-3-286-51185-9.</p>
Comments	<p>Attendance is compulsory for all lessons. The majority of the contact lessons will take place in a 2.5-day block course (Fri 11 October 2019, 9am to Sun 13 October, 12noon), which will be held at a newly renovated self-catering center near Zurich. In addition, classes will be held twice at the beginning of the semester and once towards the end of the semester. The additional costs of about CHF 80 per person for accommodation and meals must be borne by the students themselves. Before registering for this elective, students must ensure that they are available on the days specified above. Since the event is self-catering, everyone will be expected to help (in return, costs are very moderate).</p>