

Embrace Your Inner Superhero

What if there wasn't one single thing that we would give up? What did Clark Kent know that we don't? This course will introduce you to a conceptual model for thinking about how to lead a very busy, and fulfilling life, without completely losing your mind. You will be introduced to some practical tools to apply to your life, and there will be ample discussion time to take theory to practice. While this course is especially relevant to female leaders, it does not exclude the male perspective.

OBJECTIVES

Upon completion of this course, participants will be able to:

- Learn how to lead a super busy life from a centered place

HIGHLIGHTS

- A systems approach to leadership
- Understanding the 5 components of the superhero system (meaning, challenge framing, managing personal energy, engaging others, contributing to the growth of others)
- Practical tools for each of the 5 components
- Discussion time for integrating and applying the concepts and tools covered

DESIGNED FOR

The ideal audience is women in leadership roles who want to find a conceptual framework that helps them to balance their lives and evaluate what they take on; people who have significant accountability and authority within their lives, both professionally.



RECOMMENDED CPE:

2

PREREQUISITE:

None

EVENT ID:

EYIS

COURSE LEVEL:

Basic

FIELD OF STUDY:

Personal Development

BLI CURRICULUM:

Leadership Development

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For information regarding on-site training, email aicpalearning@aicpa.org, call **800.634.6780 (Option 1)**, or visit aicpalearning.org.