

*a Spring 2024 Undergraduate Leadership Course*

# LEADERSHIP AND PERSONAL DEVELOPMENT

***3-Credits / UGBA 191P-1 and 191P-2***



**Leadership begins at home**, with self-exploration and self knowledge. Great leaders *know themselves* in ways that count—their strengths, vulnerabilities, values, vision, their passions and aspirations.

Great leaders also know *how to grow*. How to challenge themselves, how to experiment with new behaviors, how to take risks and learn from defeats, all while empowering others to do the same.

***LEADERSHIP AND PERSONAL DEVELOPMENT***  
*is a 3-credit elective open to all UC undergraduates.*

## **– STUDENT EVALUATION QUOTES FROM PRIOR SEMESTERS –**

- *“The best class I’ve taken in my four years at Cal.”*
- *“This course was amazing! It brought a group of strangers together to share their personal strengths and weaknesses all semester, and created a personal support group to last a lifetime.”*
- *“This was, with a doubt, the best class I have ever taken. The experience was incredibly meaningful and absolutely life-changing.”*
- *“Digs very deep—has helped me become a better person.”*

***DESCRIPTION:*** The class is modeled on two highly successful leadership courses taught elsewhere: Stanford Business School’s most popular elective *Interpersonal*

*Dynamics*, and Harvard Business School's MBA course *Authentic Leadership*.

**This course focuses on your personal leadership journey:**

- *examining the forces that shaped you into who you are today*
- *critically assessing your current skills and talents, and uncovering strengths and weaknesses that impact your personal efficacy*
- *crafting a compelling, long-term vision for who you want to become as a person and as a leader...decades into the future*

The format is 50% experiential, 50% lecture and readings. Each Tuesday (*morning or afternoon depending on your section*) class will meet in lecture format. On Thursdays (*again lab time depends on section*) you will meet in your 8-person leadership development lab for focused, interactive discussions on the custom topic for that week. Reflective writing assignments accompany each lab.

**Students will acquire skills to serve them throughout their lives:**

- *small group leadership and facilitation*
- *how to take interpersonal risks in order to grow*
- *how to seek and deliver impactful interpersonal feedback*
- *how to create trust, providing coaching and mentorship to others*

**About the Instructor**

Cort Worthington is a Distinguished Teaching Fellow at the University of California, Berkeley Haas School of Business. He holds an MA in Communication from Stanford, an MBA from Columbia, and an MBA from UC Berkeley. Founder or co-founder of numerous businesses, Cort spent several years leading elite crews fighting wilderness forest fires as a parachuting U.S. Forest Service Smokejumper. He also teaches the popular Berkeley business course *Improvisational Leadership* each Fall. Professor Worthington can be reached at [cort@berkeley.edu](mailto:cort@berkeley.edu)

***Enrollment is limited to 32 students in each of the two sections. If both courses are full please join the waitlist, as students will be making active decisions on add / drop the first 2 weeks.***

UGBA 191P-1 meets in N540 11am-12:30pm Tues. and Thurs.

UGBA 191P-2 meets in N540 2pm-3:30pm Tues. and Thurs.