

# Course Syllabus

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## LESSON 1 - UNDERSTANDING YOUR PERSONALITY

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In this illuminating lesson, you'll learn about your personality, where it comes from, and how to take control of it instead of letting it control you. Later in the lesson we'll dive into the 2 biggest myths that can destroy relationships.

**Part 1 - Influencing Others** (14 min)

**Part 2 - The 3 Rules of Leadership** (5 min)

**Part 3 - Take Control of Your Personality** (5 min)

**Part 4 - Understanding the Test** (7 min)

**Part 5 - 2 Myths that Destroy Relationships, Myth #1** (10 min)

**Part 6 - 2 Myths that Destroy Relationships, Myth #2** (4 min)

## LESSON 2 - MUCH-LOVED MONKEY

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The Much-Loved Monkey is the life of the party and brings much needed fun to any team, family, or friend group. However, we need to understand that their natural ability to be social comes with a sensitivity to what we say. Without this knowledge, we'll struggle to really lead the Much-Loved Monkey well.

**Part 1 - Getting to Know the Much-Loved Monkey** (14 min)

**Part 2 - How to Lead the Much-Loved Monkey** (14 min)

## LESSON 3 - LEADING LION

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If you have a task to get accomplished, send in the Leading Lion. These strong and dominant personalities have the ability to get any task accomplished, but we need to learn how to set strong boundaries with these Lions so they don't roar all over everyone - hurting relationships.

**Part 1 - Getting to Know the Leading Lion** (8 min)

**Part 2 - How to Lead the Leading Lion** (11 min)

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## LESSON 4 - COMPETENT CAMEL

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Whether it's building a quality product or planning an awesome vacation, the detail-oriented skills of the Camel are critical. However, their attention to detail and needing to know every step can cause a Camel to spin and not get anything accomplished. In this lesson, we'll learn how to help the Camel get out of their own way so they can accomplish great things.

**Part 1 - Getting to Know the Competent Camel** (7 min)

**Part 2 - How to Lead the Competent Camel** (12 min)

## LESSON 5 - TRANQUIL TURTLE

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These wise creatures have the ability to be the calming force in any relationship, whether it's a heated board meeting or an rowdy thanksgiving meal. Be careful though, if you don't seek out their advice, you'll never get it.

**Part 1 - Getting to Know the Tranquil Turtle** (9 min)

**Part 2 - How to Lead the Tranquil Turtle** (12 min)

## LESSON 6 - COMMITTING TO CONFLICT

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One of the biggest myths with relationships is that conflict is bad. The truth is, no relationship can survive without conflict because that is what brings excitement, new ideas, and growth. It's when conflict turns to anger that relationships start to crumble, and this lesson is crucial to learning how to avoid and resolve anger during conflict.

**Part 1 - Conflict: It's Not What it Seems** (8 min)

**Part 2 - How Each Personality Deals with Conflict** (18 min)

**Part 3 - When Conflict Turns to Anger** (19 min)

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## LESSON 7 - THE DNA CONTINUUM

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In order to lead effectively, you have to get to where other people are, but let's be honest - that's exhausting. Learn how you can effectively lead each personality without burning yourself out in the process.

**Part 1 - 5 Steps to Build Trust** *(17 min)*

**Part 2 - The Leadership Dance** *(38 min)*

## LESSON 8 - MAKING YOUR PERSONALIZED LEADERSHIP PLAN

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This is the lesson where we put all of the pieces of the puzzle together and create an action-oriented plan that is sure to improve your leadership at work, home, or school in as little as 7 days.

**Personal Leadership Plan** *(8 min)*

**Professional & Educator Leadership Plan** *(7 min)*