

## AMFM-2526-502-Personal Development and Leadership

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| <b>Name of lecturer(s) &amp; Email</b><br>Martine George<br><a href="mailto:martine.george@solvay.edu">martine.george@solvay.edu</a>  | <b>Level/Semester, Status, Timing</b><br>Terms 1, 2, 3 & 4<br>Compulsory<br>Between 26/09/2025 to 01/06/2026 | <b>ECTS*, CH &amp; SDL**</b><br>1.5<br>12<br>33 |
| <b>Description of the course</b><br>The Personal Development and Coaching program aim to help participants enhance their self-awareness, communication, influence, and adaptability.  |  |   |
| <b>Course units</b> <ul style="list-style-type: none"> <li>Unit 1: Enhance self-awareness by exploring personal moods &amp; emotions, strengths and weaknesses.</li> <li>Unit 2: Improve communication skills, including active listening and effective stress management.</li> <li>Unit 3: Develop influence within a group, focusing on feedback, trust, and presence.</li> <li>Unit 4: Express your transformation.</li> </ul>   |  |   |
| <b>Course Learning Outcomes (CLOs)</b> <ul style="list-style-type: none"> <li>1. Help participants enhance their self-awareness, communication, influence, and adaptability.</li> <li>2. Enhance self-awareness by exploring personal moods &amp; emotions, strengths, weaknesses, and worldview.</li> <li>3. Improve communication skills, including active listening and effective stress management.</li> <li>4. Develop influence within a group, focusing on feedback, trust, and presence.</li> </ul> |  |   |
| <b>Prerequisite (if any)</b><br>/   |  |   |
| <b>Contribution to Programme Learning Objectives (PLOs)***</b> <ul style="list-style-type: none"> <li>Learning Objective 1.1: Introduction</li> <li>Learning Objective 2.1: Reinforcement</li> <li>Learning Objective 3.1: Reinforcement</li> <li>Learning Objective 4.1: Introduction</li> <li>Learning Objective 5.1: Not Covered</li> </ul>  | <b>Evaluation scale</b><br>0-20  |   |
| <b>Main Teaching methods used in the course</b><br>Lecture, Interactive Lecture, Experiential Learning, Role plays & Simulations, Coaching  |  |   |
| <b>Contribution to the Environmental, social and governance (ESG)</b><br>Course Contribution to ESG: 0<br>Contact Hours are dedicated to ESG: 0<br>Contact Hours containing climate solutions for how organizations can reach net zero: 0<br>Description of contribution: /   |  |   |

**Notice:** The information available in the course outline is subject to change. Please keep yourself informed at all times by regularly checking Canvas.

## AMFM-2526-502-Personal Development and Leadership

### Assessment methodology / Learners Use of Time and Load

#### Individual essay

- weight 70%
- workload estimated = 21 hours
- due 01-06-26
- Guidelines: Participants will write a 2000-word essay highlighting key moments of their learning journey, from the admission interview to their plans for the initial steps in their professional life post-AMFM. Write a reflective essay summarizing learning experiences. Highlight key moments from the program. Discuss future and initial professional steps post-AMFM.

#### Class participation

- weight 30%
- workload estimated = 12 hours
- due 30-04-26
- Guidelines: participation to the 4 plenary sessions and presentation of the learning of the journey in front of a sub-group of peers during the fourth session: Express your transformation.

### Readings

#### Required

The Art of Adaptive Communication, G. Collignon

#### Recommended

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\*ECTS - European Credit Transfer and Accumulation System (1 ECTS = 30 hours of learning)

\*\*CH - Contact Hours in class or online, SDL - Self-Directed Learning including readings, homework, group work, preparation to assessment, etc

\*\*\*PLO - Programme Learning Objectives are available on the curriculum page

**Other Learning Materials**

Work Smarter not Harder (On Coursera for Campus)

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