



Overview/ Description:

In work and life, successful people avoid making excuses, and instead take responsibility for their actions. “It’s not my fault,” and “I can’t believe they did this to me” exemplify that type of thinking that holds people back. We all think that way sometimes, and the key is to catch ourselves, look in the mirror, and turn that thinking around. This workshop defines what it means to be accountable, and offers some tips to help people build accountability into their own lives.

Workshop Objectives:

At the end of this workshop, you will be able to:

Identify your current level of accountability

- Describe how you respond to problems in the organization
- Identify ways to change your thinking
- Describe how to use the “accountability ladder” to assess where you stand in terms of accountability

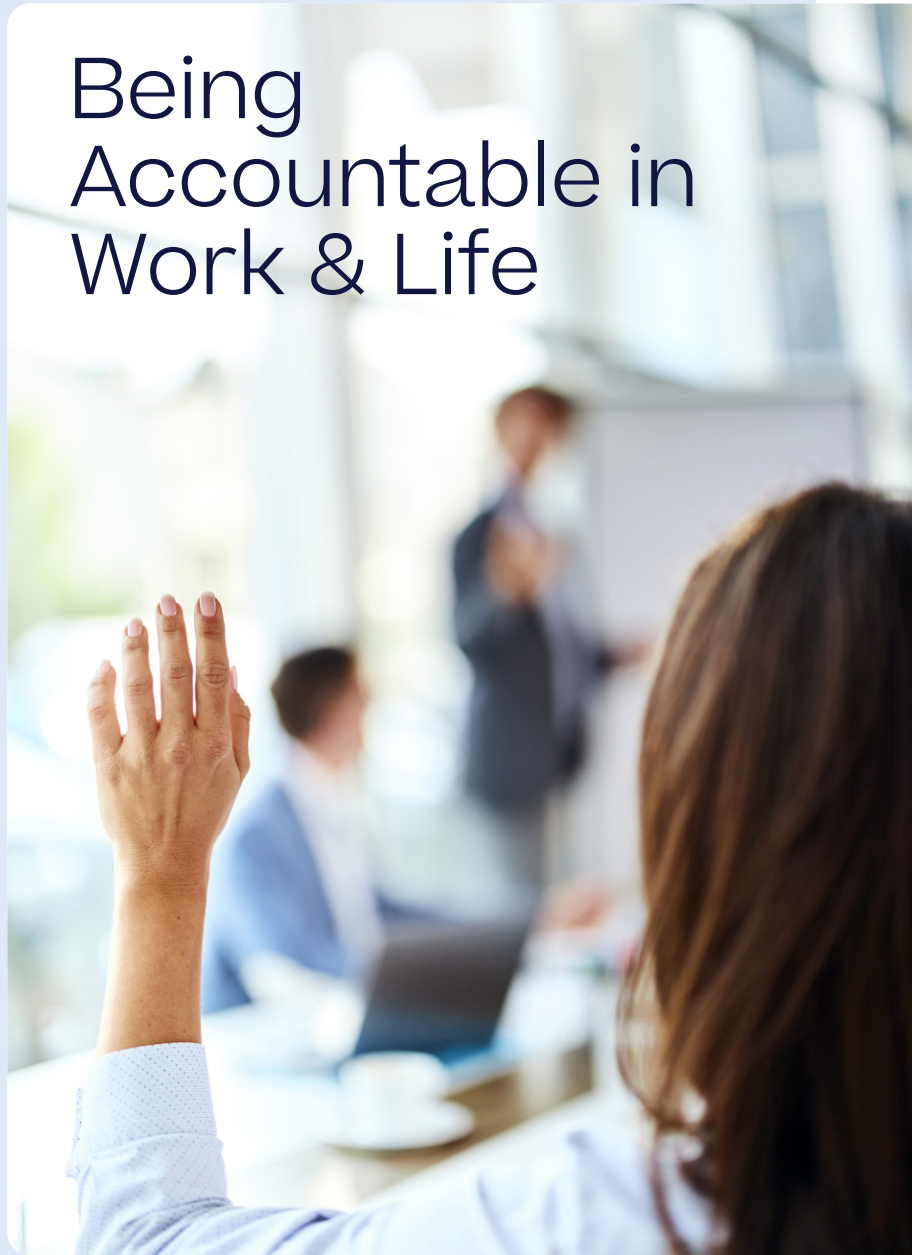
Describe common accountability issues

- Identify how to avoid blaming
- Describe the reasons people procrastinate and strategies to overcome procrastination and blaming

Identify the “question behind the question”

- Describe how to put yourself in charge of the problems you face
- Describe what it means to be a leader of your own life

Being Accountable in Work & Life



TARGET AUDIENCE:

ANYONE WHO WOULD LIKE TO BUILD MORE ACCOUNTABILITY INTO THEIR LIVES



EXPECTED DURATION:

45–60 MINUTES