

BSFO Presents

Personal Leadership: From Awareness to Action



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Tuesday, January 20, 2026

2pm to 3:30pm

Franklin Lobby 1

Join Zoom Meeting: <https://UCOP.zoom.us/j/93749681463>

How do we build self-mastery, clarity, and resilience in a VUCA world?

In today's volatile, uncertain, complex, and ambiguous environment, self-leadership is more important than ever. What separates those who merely cope from those who excel is the ability to lead themselves first.

This workshop challenges leaders and leaders-to-be to pause, reflect, and reset their approach to self-leadership from the inside out.

It's not about lofty theory or motivational fluff; It's about practical self-mastery, understanding your internal barriers, managing your energy and focus, and cultivating the discipline to act intentionally under pressure.

The session equips participants to navigate complexity with composure, clarity, and conviction.