



POLITÉCNICA

INTERNATIONAL
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COORDINATION PROCESS OF
LEARNING ACTIVITIES
PR/CL/001



E.T.S. de Ingenieros
Industriales

ANX-PR/CL/001-01

LEARNING GUIDE

SUBJECT

53000690 - Conscious Leadership

DEGREE PROGRAMME

05BD - Master Universitario En Ingenieria De La Organizacion

ACADEMIC YEAR & SEMESTER

2021/22 - Semester 1

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1. Description

1.1. Subject details

Name of the subject	53000690 - Conscious Leadership
No of credits	3 ECTS
Type	Optional
Academic year of the programme	Second year
Semester of tuition	Semester 3
Tuition period	September-January
Tuition languages	English
Degree programme	05BD - Master Universitario en Ingenieria de la Organizacion
Centre	05 - Escuela Tecnica Superior De Ingenieros Industriales
Academic year	2021-22

2. Faculty

2.1. Faculty members with subject teaching role

Name and surname	Office/Room	Email	Tutoring hours *
Luis Ignacio Ballesteros Sanchez (Subject coordinator)		luisignacio.ballesteros@upm.es	--

* The tutoring schedule is indicative and subject to possible changes. Please check tutoring times with the faculty member in charge.

3. Skills and learning outcomes *

3.1. Skills to be learned

CB09 - Que los estudiantes sepan comunicar sus conclusiones y los conocimientos y razones últimas que las sustentan a públicos especializados y no especializados de un modo claro y sin ambigüedades

CE11 - Conocer los fundamentos de la organización del trabajo y de la gestión de recursos humanos y dominar las habilidades de dirección y gestión de equipos

CG05 - Conocer las tendencias predominantes en el entorno actual de las distintas políticas funcionales (marketing, producción, logística, finanzas, recursos humanos, liderazgo...)

CT04 - Trabaja en equipo. Habilidad para trabajar en equipos multidisciplinares

CT07 - Comunica. Habilidad para comunicar eficazmente

3.2. Learning outcomes

RA29 - Dominar habilidades y técnicas específicas de trabajo en equipo y de dirección y gestión de equipos

RA30 - Enumerar, seleccionar y aplicar metodologías y técnicas para estimular y explotar la capacidad creativa individual y de grupo

RA63 - Identificar, comprender y aplicar actitudes, comportamientos y herramientas de liderazgo para definir y alcanzar los objetivos

* The Learning Guides should reflect the Skills and Learning Outcomes in the same way as indicated in the Degree Verification Memory. For this reason, they have not been translated into English and appear in Spanish.

4. Brief description of the subject and syllabus

4.1. Brief description of the subject

The subject Conscious Leadership has the aim of awakening inner reflection about those key elements that allow a person to successfully lead people and projects, starting by oneself. For that purpose, in a participatory and experiential climate, powerful questions will help us to better understand why we are as we are. Specific tools will be applied to lead yourself consciously, living it as a personal transformation. Some of the elements that will be addressed have to do with the definition of objectives, the motivation to change, the use of the whole brain, self-knowledge and the definition of action plans for your personal or professional growth.

The main objectives of this subject are:

- Learn how to promote change motivation.
- Understand and apply personal attitudes such as responsibility and inner freedom.
- Develop self-belief based on emotional intelligence principles.
- Create your own personal and professional vision, using your creativity.
- Learn how to define and apply an appropriate action plan to achieve your goals.

4.2. Syllabus

1. MOTIVATION TO CHANGE

- 1.1. Comfort zone and learning zone
- 1.2. Tools for change
- 1.3. Logical levels (Neuro-Linguistic Programming)

2. FREEDOM AND INNER RESPONSIBILITY

- 2.1. Reactive model vs Proactive model
- 2.2. Victim vs Player
- 2.3. Circle of influence and circle of concern

3. SELF-BELIEF

- 3.1. Empowering and limiting beliefs

3.2. Self-esteem

3.3. Personality models

4. CREATIVITY AND VISION

4.1. Using the whole brain

4.2. Mission, vision, principles and values.

4.3. Personal and professional wheels.

5. THE ACTION PLAN

5.1. Transformation by action.

5.2. Coaching.

5.3. Effective habits.

5. Schedule

5.1. Subject schedule*

Week	Face-to-face classroom activities	Face-to-face laboratory activities	Distant / On-line	Assessment activities
1	Introduction Duration: 02:00 Lecture			
2	MOTIVATION TO CHANGE Duration: 02:00 Lecture			Participación en Clase Other assessment Continuous assessment Presential Duration: 00:00
3	MOTIVATION TO CHANGE Duration: 02:00 Problem-solving class			PRESENTATIONS Individual work Continuous assessment Presential Duration: 02:00
4	MOTIVATION TO CHANGE Duration: 02:00 Cooperative activities			Participación en Clase Other assessment Continuous assessment Presential Duration: 00:00
5	FREEDOM AND INNER RESPONSIBILITY Duration: 02:00 Lecture			Participación en Clase Other assessment Continuous assessment Presential Duration: 00:00
6	FREEDOM AND INNER RESPONSIBILITY Duration: 02:00 Problem-solving class			Participación en Clase Other assessment Continuous assessment Presential Duration: 00:00
7	SELF-BELIEF Duration: 02:00 Lecture			Participación en Clase Other assessment Continuous assessment Presential Duration: 00:00
8	SELF-BELIEF Duration: 02:00 Problem-solving class			
9	CREATIVITY AND VISION Duration: 02:00 Lecture			PRESENTATIONS Individual work Continuous assessment Presential Duration: 02:00

10	CREATIVITY AND VISION Duration: 02:00 Lecture			
11	CREATIVITY AND VISION Duration: 02:00 Lecture			
12	THE ACTION PLAN Duration: 02:00 Lecture			
13	THE ACTION PLAN Duration: 02:00 Lecture			
14	THE ACTION PLAN Duration: 02:00 Lecture			
15				FINAL PRESENTATIONS Group work Continuous assessment Presential Duration: 02:00
16				FINAL PRESENTATIONS Group work Continuous assessment Presential Duration: 02:00
17				FINAL TEST Problem-solving test Final examination Presential Duration: 02:00

Depending on the programme study plan, total values will be calculated according to the ECTS credit unit as 26/27 hours of student face-to-face contact and independent study time.

* The schedule is based on an a priori planning of the subject; it might be modified during the academic year, especially considering the COVID19 evolution.

6. Activities and assessment criteria

6.1. Assessment activities

6.1.1. Continuous assessment

Week	Description	Modality	Type	Duration	Weight	Minimum grade	Evaluated skills
2	Participación en Clase	Other assessment	Face-to-face	00:00	5%	5 / 10	
3	PRESENTATIONS	Individual work	Face-to-face	02:00	12.5%	5 / 10	CE11 CG05 CT07 CB09
4	Participación en Clase	Other assessment	Face-to-face	00:00	5%	5 / 10	
5	Participación en Clase	Other assessment	Face-to-face	00:00	5%	5 / 10	
6	Participación en Clase	Other assessment	Face-to-face	00:00	5%	5 / 10	
7	Participación en Clase	Other assessment	Face-to-face	00:00	5%	5 / 10	
9	PRESENTATIONS	Individual work	Face-to-face	02:00	12.5%	5 / 10	CE11 CG05 CT07 CB09
15	FINAL PRESENTATIONS	Group work	Face-to-face	02:00	25%	5 / 10	CE11 CG05 CT07 CB09 CT04
16	FINAL PRESENTATIONS	Group work	Face-to-face	02:00	25%	5 / 10	CE11 CG05 CT07 CB09 CT04

6.1.2. Final examination

Week	Description	Modality	Type	Duration	Weight	Minimum grade	Evaluated skills
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17	FINAL TEST	Problem-solving test	Face-to-face	02:00	100%	5 / 10	CT07 CB09 CE11 CG05
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6.1.3. Referred (re-sit) examination

No se ha definido la evaluación extraordinaria.

6.2. Assessment criteria

- Continuous assessment:
- Attendance and participation in class (50%) (Min 5/10)
- Team work (25%) (Min 5/10)
- Individual work (25%) (Min 5/10)

Final test will be carried out only if there is no continuous assessment followed.

7. Teaching resources

7.1. Teaching resources for the subject

Name	Type	Notes
Class material	Bibliography	Slides of theory and practice
Book	Bibliography	The 7 Habits of Highly Effective People. Stephen R. Covey.

8. Other information

8.1. Other information about the subject

This subject contributes to Sustainable Development Goal 3. Good Health and Well-being, and SDG 8. Decent work and economic growth.