



MASTER IN BUSINESS ADMINISTRATION

C O U R S E S Y L L A B U S

SELF-MASTERY, ARTS, & SPIRITUALITY

Course Code:	SMARTS
Functional Area:	TRANSFORMATIONAL LEADERSHIP
Professor:	Cecile B. Manikan
No. of sessions:	20

I. COURSE DESCRIPTION

The elective fulfills the progressive thought in management and leadership courses that students should be equipped with liberal arts and the humanities through interdisciplinary courses that provide tools for balancing and harmonizing self, work, and life.

Anchored on the pillars of self-knowledge, the arts, and universal human values (spirituality as opposed to religiosity), the course is an in-depth journey toward renewal and self-mastery.

Through lectures, films, exercises, research and class discussions, students experience and distill the qualities that form the basic foundation of adaptive, transformative and inspirational leadership.

II. COURSE OBJECTIVES

The module focuses on concepts, theories, and principles of self-knowledge, self-development, and self-transformation as they apply to management and leadership situations and the general management of self and life in general.

Upon completion of the module, students are expected to have:

- 1) acquired an understanding of the scientific foundation (concepts, principles, and theories) of the different drivers of thought and behavior:
 - Human Instincts (The Will to Survive, Your Deepest Desires, The Challenge to Win, Born Heroes)
 - Natural Brain Preferences (Whole Brain, Multi-Intelligences, MBTI)
 - Dynamics of the Psyche (Jung's Model of the Personality – Conscious, Personal Unconscious, Collective Unconscious, Anima/Animus, Shadows, and Archetypes)

2) assessed and identified the implications and applications of these concepts, principles, and theories to understanding and managing self and others through:

- Analysis, Self-examination and Reflection

3) acquired basic skills in understanding the higher order and meaning of life through:

- Intuition, Meditation, Dream Interpretation
- Energy Management (The Chakra System)
- Dynamics of Duality (Pain vs. Suffering)
- Tao of Relationships;

4) developed a personal framework and model of self- renewal and self-transformation through:

- The Anatomy of Transformation (physical vs. metaphysical values)
- Hero's Journey (by Joseph Campbell)
- The Great Spiritual Disciplines of the World (Sufi, Taoism, Buddhism, Christian Mystical Theology).

III. GRADING SYSTEM:

Reflection Papers – 60%

Class Participation and Group Presentation - 30%

Attendance – 10%