**Self Management**

**Self Motivation**

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**Why am I here today…**

- Addiction to leadership programs…
- *The function of leadership is to produce more leaders, not more followers.*
  
  Ralph Nadar

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**Emotional intelligence**

- Self Awareness: “Understanding your unique and very personal roadmap”
- Self Management and Personal Leadership: “Staying in control at the wheel”
- Social Awareness: “Who’s traveling with you and what do they need?”
- Relational competence: “Getting your team to focus on the horizon rather than the potholes”

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**Self Management**

- Choosing yourself
  
  - How we choose to act or behave when difficult circumstances hit us - professionally or personally
  
  - Define our values and principles
  
  - Manage our own emotions

- Staying in control at the wheel
  
  - Motivate yourself

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**Self Motivation**

What gets you going in the morning?

- Achievement
- Commitment
- Initiative
- Optimism

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**EQ**

Personal Success

**IQ**

Technical Skills
Achievement:
Choose where you want to be!
- Strive to improve or meet a standard of excellence
- Choose how you want to get there
  - you can change your habits...
  - you might need help...
- There is a degree for everyone – no need for competitiveness

Commitment:
Choose your team...
- Identify shared goals and values
- Sometimes you need to make sacrifices to meet a larger goal
- Actively seek out opportunities to fulfill the group's mission

Initiative:
Choose to lead – and not to follow
- Be ready to act on opportunities
- Pursue goals beyond what's required
- Mobilize others

Optimism:
Choose ‘Happy’
- Persistence in pursuing goals despite obstacles and setbacks
- Operate from hope of success rather than fear of failure

Tools that can help:
- Time management
- Stress management
- Reflective journal

Acknowledgements
- Maxime Fern & Michael Johnstone, Vantage Point Consulting and our Faculty for the introduction to Shared Leadership (2002)
- Rick DeBowes & Kathleen Ruby, WSU Veterinary Leadership Experience (2006, 2007)
- Hill’s