

Self Management  
Self Motivation  
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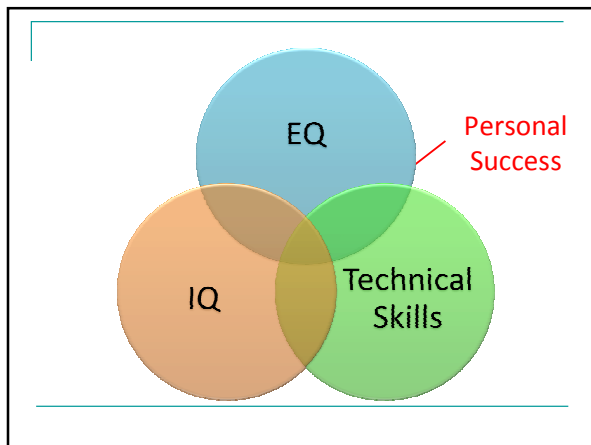





Why am I here today...

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

Ralph Nadar




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"

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



Self Motivation

What gets you going in the morning?



- Achievement
- Commitment
- Initiative
- Optimism



A diagram of three concentric circles. The outermost circle is purple and labeled 'What's possible'. The middle circle is blue and labeled 'Where you want to be'. The innermost circle is teal and labeled 'Where you are now'.

### 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 groups 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



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