

SELF LEADERSHIP

CONVERSATION

JOYOUS EDIFONCE



DEE HOCK

“If you want to lead, invest at least 40% of your time in Leading yourself”

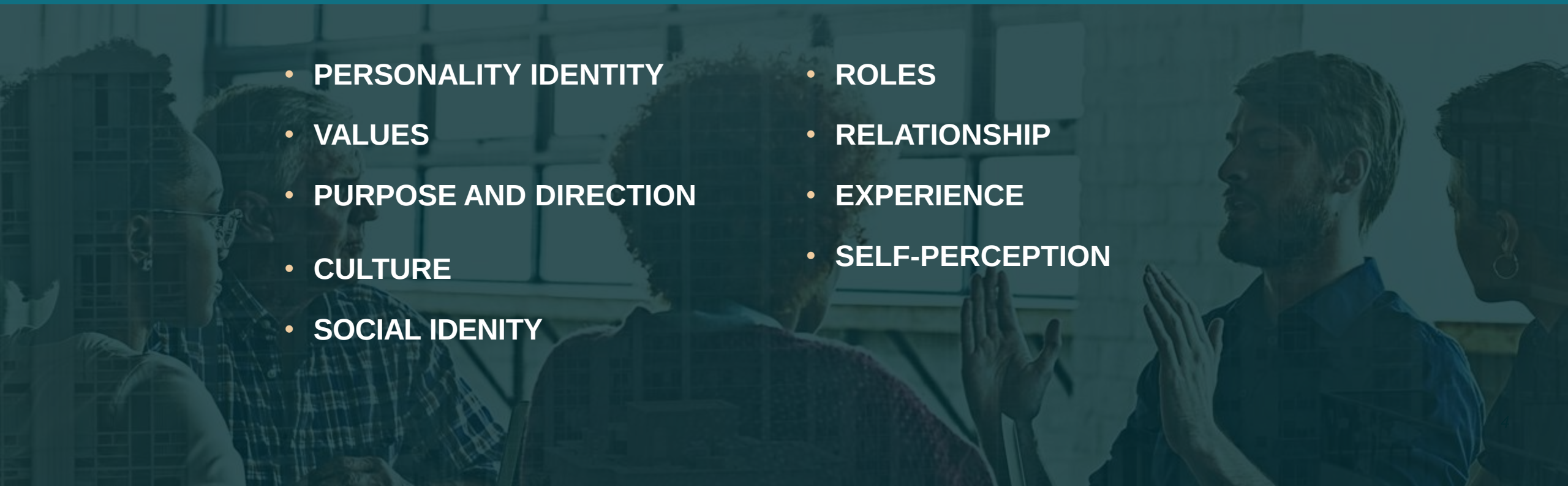
IS

SELF LEADERSHIP

Is leading oneself first before going out and leading others.

We can't be speaking about self-Leadership if we don't talk about Identity.

IDENTITY CONSISTS OF THE LIST



- PERSONALITY IDENTITY
- VALUES
- PURPOSE AND DIRECTION
- CULTURE
- SOCIAL IDENITY
- ROLES
- RELATIONSHIP
- EXPERIENCE
- SELF-PERCEPTION

THE THREE S's (IDENTITY)



SELF MASTERY (lead Yourself)

This is the ability to understand, manage. And control yourself, including your emotions thoughts, reactions and behaviors.

SELF ACCEPTANCE (Understand Yourself)

Is recognizing and embracing who you are , including, your strengths, weakness, limitations and areas that need improvement.

SELF DICSPLINE (Direct Yourself)

Is the ability to do what needs to be done , even when you don't feel motivated.

SELF- LEADERSHIP FRAMEWORK

Know yourself

Self- Awareness, identity, values, strengths, weakness and self acceptance.

Direct Yourself

Vision, purpose, goal-setting, priorities and decision making..

Manage Yourself

Emotional Intelligence, self-control, discipline, habit and time management.

Develop Yourself

Learning, unlearning, resilience, confidence, feedback, and continuous improvement.

Lead Yourself through Actions

Accountability, integrity, consistency, service, and putting your values into practice.

HOW LEAD YOUSELF WITH THE THREE S'S MODEL

1 SELF AWARENESS

Tool- Character traits check

When you encounter your annoying or yelling leader. How do you respond or react to such a situation?

2 SELF REFLECTION

Tool- 5 minutes Reflection asking yourself couple of questions.

3 SELF REGULATION

Tool- Refreming

When somene denies being assigned a task, it's easy to get angry. Leadership means regulating your emotions and responding wisely rather than reacting impulsively.

SELF- LEADERSHIP QUESTIONS

- Who knows who I really Am?(SELF AWARENESS)
- What mistakes can I own? (HUMILITY)
- How can I get Better? (Self Improvement)
- Why am I doing this?

THANK YOU!

FOR ANY ENQUIRY FOR BOOKINGS

Joyous-three.vercel.app

