



SELF-LEADERSHIP - direct your own life



# SELF-LEADERSHIP

5 workshops:

1. Leadership & Core values  
(define your track)
2. Focus & Influence  
(choice and deriving forces)
3. Distinctiveness  
(talents and vulnerabilities)
4. Feelings & Needs  
(understand and support self)
5. Trust & Appreciation  
(self-leadership)



An aerial photograph of a beach at dusk or dawn. The sand is dark and wet, with a prominent circular pattern of ripples or tracks in the center. In the foreground, there is a large pile of driftwood. The ocean is visible in the background, with waves breaking on the shore.

Discuss, in pairs; A helps B by asking:

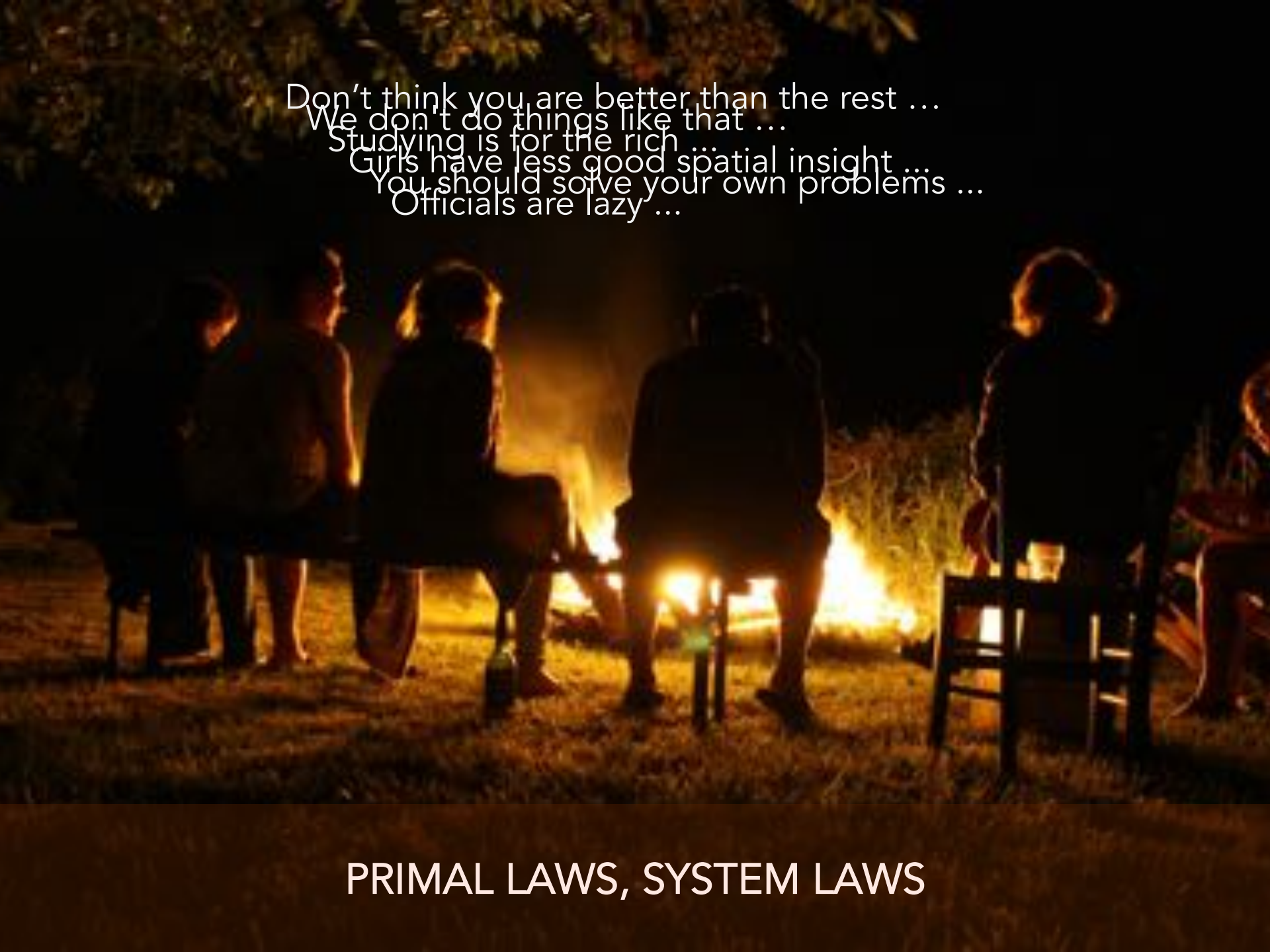
1. What are your 3 core values?
2. Please explain what they exactly mean to you.
3. To what extent do you honour these values in daily life?
4. How can you improve this?
5. Which consequences will it have when you lent these values a prominent place in your life, this year or until this summer?

(A and B change roles)

**CORE VALUES** - defining your own track



DERIVING FORCES

A group of people are sitting on chairs around a campfire at night. The fire is the central light source, casting a warm glow on the scene. The people are mostly in silhouette, with some light catching their hair and clothing. The background is dark, suggesting a forest or a wooded area.

Don't think you are better than the rest ...  
We don't do things like that ...  
Studying is for the rich ...  
Girls have less good spatial insight ...  
You should solve your own problems ...  
Officials are lazy ...

PRIMAL LAWS, SYSTEM LAWS



**LIMITATIONS:** make room, clear the way

# REFLECTIVE QUESTIONS

## *awareness:*

- Hey, this doesn't fit with my values (any more)!
- What is it, that makes me do this nevertheless?

## *reaction:*

*(example)*

- It is what I've been told is the best/only way ...
- This is (what I've learned is) necessary to keep a good relationship ...

## *reflect:*

- Is it true? Does it need to be done this way?
- To what extend does my (re)action serve me?

## *act:*

- What do I want to achieve?
- What other options can I see? (what would ... do?)
- What's my next step: to do, to learn, to develop?



“THE SECRET OF  
CHANGE IS TO FOCUS  
ALL OF YOUR ENERGY,  
NOT ON FIGHTING THE  
OLD, BUT ON BUILDING  
THE NEW.”

— SOCRATES

FOCUS, according to Socrates

An aerial photograph of a desert landscape. In the foreground, there is a large, circular pattern of fine, concentric ripples in the sand, resembling a ripple in water. The background shows rolling sand dunes under a clear blue sky. A semi-transparent grey box is overlaid on the right side of the image, containing text.

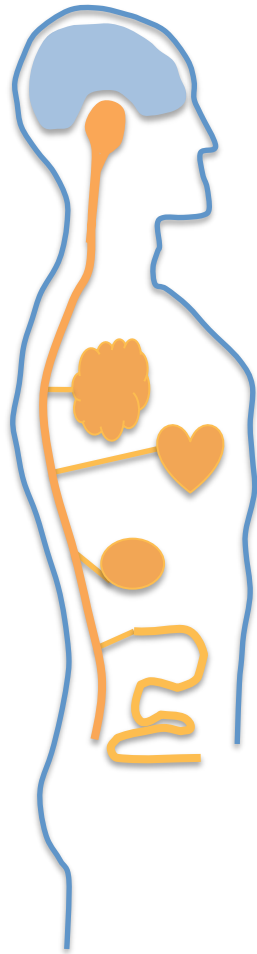
Attention is at:

1. myself & my task
2. environmental distractions: public, weather, noises
3. how it should be, how it was yesterday
4. winning or losing: "O, now I am gonna ..."
5. the consequences of winning or losing ...
6. wondering: "What am I doing here?", "Why do I ..."

## CIRCLES OF ATTENTION

H. Eberspächer, 1990

(art: Jim Denevan)



## Rational brain

- cerebral cortex
- cognitive brain
- conscious(-ness)

## Emotional brain

- brainstem
- limbic system
- subconscious

Controls vital functions such as:  
body temperature, heart rate, breathing,  
pupil reflex, hormone level, blood pressure



BALANCE, CONSCIOUS AWARENESS