



THE SELF-LEADERSHIP PROFILER

Why Self-Leadership is the first step to development

LEADERSHIP INSIGHTS



Self-Leadership capability is and should be an essential for any leadership standards or requirements as it encompasses all the attributes essential for managing others. A leader's capability to self-regulate is reflected in how they manage others.

COGNITIVE FLEXIBILITY

When we get stuck in old habits, it can be difficult to adjust our thinking patterns to form new ways of thinking about situations. Self-Leadership enables us to reflect on old thinking patterns and prompts us to adapt to new thinking patterns and situations.



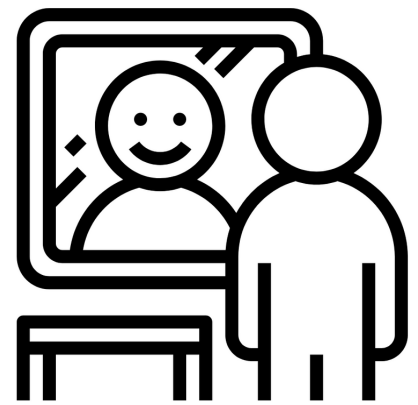
CRITICAL THINKING



Setting goals and following through with them requires a level of planning and strategising. For example, you may think about the reason behind goals you've set and what you expect the rewards or outcomes to be. Self-leadership stimulates an objective analysis and evaluation of an issue in order to form a judgement

SELF-KNOWLEDGE

The entire process of working on your self-leadership capabilities involves an exploration of your key strengths and areas of development. Developing self-leadership allows for deeper self-knowledge or awareness which is important for higher levels of performance in the workplace.



PRACTICAL INTELLIGENCE



Under the multiple pressures faced in working environments, your ability to be action-oriented is influenced by your capacity to better manage yourself. Self-Leadership is key to efficient problem solving and professional judgement in the workplace.