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# SELF LEADERSHIP



10 Ways to become a better leader through the cultivation of Self-Leadership.

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As professional working women, we want to become better leaders in our personal lives, communities, and organizations.

Good leaders are focused, determined, and driven to succeed.

Every great leader has many important qualities that make them successful. One of the most important leadership qualities is a strong sense of self-awareness and the ability to use it to lead by example.

But sometimes, as leaders, we can have blind spots that stop us from becoming the best leaders in our organization.

Lack of Self-Awareness and other emotional intelligence attributes called "EQ" for Emotional Quotient contributors can hinder our effectiveness as leaders.

Why are Self-awareness and emotional intelligence so important in a leader?

First, Self-awareness in leadership separates good leaders from excellent leaders.

Leadership development relies on self-awareness.

Self-awareness is the ability to recognize and understand who we are, what we do, and why we do it. It is understanding our emotions and our skills to take action.

Emotional intelligence (EQ) includes empathy, social skills, self-regulation, and motivation.

By the nature of being a woman, we have that instinctive nature of being self-aware of the benefits of collaboration and nurturing relationships.

But sometimes, the audacity to seize opportunities to take charge and exercise our leadership skills can hold us back.

According to a Forbes article: "Soft skills and emotional intelligence may be a competitive advantage for women in business.

According to a survey by the international consulting firm Hay Group published in 2016, women surpass males in 11 of 12 major emotional intelligence characteristics.

These include emotional self-awareness, empathy, conflict management, flexibility, and teamwork—all essential skills to becoming a good leader at work".

We already possess some skills and can quickly develop and work on the rest. We must unite and foster a more woman-centered environment, especially in the workplace.

I believe that more women in leadership positions can outperform those without.

Women can embrace the journey of finding the leader within by seizing opportunities to experience their inner leader through intention and action.

"Through Self-Leadership, we better cultivate the leader within us!"

-SVB

## 1. Time for Reflection:

A woman who takes the time to do the internal work, understand herself, know her internal self-talk, and can relate to others through intentional listening is a powerful Woman because she now knows herself!

## 2. Goal Oriented:

In order to lead yourself and lead others toward change, you need to have clear goals and aspirations not only to inspire others towards a purpose but to also motivate yourself towards it.

## 3. Be Accountable:

Be accountable for yourself, for your team, and for your organization. Lead by example and always do first what you expect for others to do. You cannot truly influence others or affect change if you don't hold yourself accountable.

## 4. Ask for help and Feedback:

In order to enhance our lives, make ourselves better and the organization better we should be aware when we need help and not be afraid to ask because we perceive it to be a weakness, on the contrary

## 5. Empowering Others:

Enhance other people's sense of self-worth and entice buy-in by empowering your team. In general, people perform their best when they feel they have contributed to an effort.

## 6. Influence:

Influence is another characteristic of self-leadership. when you develop this trait, you will influence others because your beliefs and actions inspire them to work harder to achieve the same success you have.

## 7. Decision-Making:

It's important to have strong decision-making skills when developing as a leader through self-leadership. The ability to proactively anticipate needs and challenges and respond to them in an effective manner is imperative

## 8. Empathy:

Empathy is the ability to understand the emotions and feelings of others; understand and respect others viewpoint. It is a skill leaders need as it allows to make genuine connections with the people they are leading.

## 9. Social Skills:

Social skills are the ability to build rapport and make strong connections with others; it is relationship building. Every leader needs social skills to effectively encourage their team to follow their lead and work together.

## 10. Self-Growth:

Leaders are curious life-long learners. They look at things from a Lense of wanting to improve the organization. The knowledge acquired empowers you to find new ways to solve problems.