The Power of Self Leadership
Definition of Self Leadership

Self leadership is being in the world on purpose - with awareness of who you are, what you stand for and why you do what you do.
Emotional Intelligence

Recognizing, understanding, and drawing on emotions and other aspects of yourself and others to facilitate effective interpersonal relationships.

Core Competencies:

- Self Awareness
- Self Regulation
- Empathy
- Managing Relationships
Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

Viktor Frankl
Understanding Your Internal Influences

- Standards & Definitions
- Fears & Concerns
- Core Values
- Expectations & Desired Outcomes
- Emotions & Attitudes
- Roles & Archetypes
- Beliefs & Stories
- Gifts
Mapping Your Internal Influences

- Standards & Definitions
- Expectations & Desired Outcomes
- Roles & Archetypes
- Fears & Concerns
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- Core Values
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Mapping Your Internal Influences

- What standard or definition is driving how you are evaluating your own or someone else’s behavior?
- What’s your biggest fear or concern related to this situation?
- What do you care deeply about or stand for in this situation?
- What would you like to see happen?
- What emotions are on or just under the surface for you?
- What role(s) do you find yourself playing?
- What assumptions & conclusions have you made, or what stories do you tell yourself about this situation?
- What innate abilities (gifts) are you bringing or withholding?
Alchemy for Leaders Programs & Contact

- The Power of Self Leadership
- The Leader as Coach
- Creating Team Synergy

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