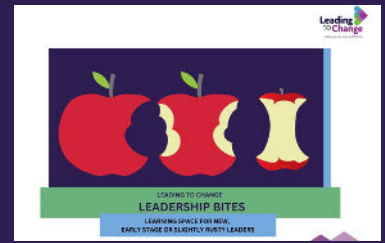


LEADERSHIP BITES TAKEAWAY



SELF LEADERSHIP - SESSION 2

Whet your appetite:

Self-leadership is our grounding, or our basis, for how we show up as a leader. Taking time over this is not selfish as part of leadership is role modelling to others the behaviours and examples we expect from them.

Therefore, we need to take time to work on how we hold ourselves, interact with others and with the work and how we take care of our physical, mental and emotional health. We cannot expect others to 'do as we say, not as we do' and we cannot pour from an empty cup.

We can see why it is important to develop our self-awareness and self-compassion to know how we want to be able to show up and what we need to be doing or paying attention to in order to be able to do this.

Using the model of compassionate leadership, we will look at what we need to pay attention to as a leader and how this can build our confidence and empower others in the team to do the same.

The Leadership Model:



Click graphic for link to source

Compassionate Leadership has four pillars that draw on other approaches and brings them together to support our workforce in the current challenges. This model shows us what we are 'doing' by taking a compassionate approach at team, department, site and organisational level. We are **Attending** through **Effective Leadership**, **Understanding** through **Inclusive leadership**, **Empathising** through **Collective Leadership** and **Helping** through **Systems Leadership**. In the details we see much in the model about how to lead, however our question for this session is **'how does this look for individuals and self?'**

*"Self-awareness and self-love matter.
Who we are is how we lead."*

*Brené Brown
Researcher and storyteller*

Watch the recording:



For reflection:

Using the model as your basis:

- Is Self Leadership something you are familiar with and in what ways do you think it can have a significant impact on how you show up at work?
- How does how you feel about your role, or the role you aspire to be in, impact how you show up?
- How do you feel about being a role model for others in the team, for those you manage and / or for those around you?

What next:

- Consider the relationship you have with your role or roles
- Spend time observing how others are around you, and the impact you are having
- Consider the questions 'How am I doing?' and who can I talk to?'

Explore More:

Watch: [Brene Brown: Attend to fears and feelings \(boundaries\)](#)

Read: [Compassionate Leadership Hub](#)

View: [Slides from the session](#) as a pdf.