

Self-Leadership

Ted Talk guest speaker, Lars Sudmann, asks the question “Can we really lead others before leading ourselves?”

Good leadership comes from within, the practices you teach yourself, the quality of your thoughts reflects how your followers handle tasks. Leaders within groups, form naturally, there would not be a world that doesn't have some kind of leadership. Ancient Rome leader, Marcus Aurelius, describes leadership as starting with yourself. If you first practice good virtues and know how to self-lead, then you can go and lead the rest of the world.

There are three phrases Sudmann shared that we should practice to live by before we lead others. Self-awareness is the first, being self-aware is a difficult but crucial part of being a leader. It's hard to see where you may be going wrong in a situation or what leadership characteristics you're lacking. Sudmann provides some leader characteristic tools, a checklist to help guide us on how or what you're lacking for your group. By rating yourself on certain characteristics, you can see what you, as a leader, should work on for your group/organization's benefit.

The second phrase is self-reflection, by taking just a few minutes to yourself to reflect on your leadership skills from the day before while also recognizing any challenges you have ahead and how you can better yourself first. Taking these couple minutes at the beginning of your day or at the very end of

your day can release the “power” feeling you have as a leader. This allows you to feel more for your followers and guide them better by example.

The last phrase, self-regulation, sets boundaries and principles for yourself which flow into your group. “Reframing” is a tool Sudmann uses to help self-regulate. By prioritizing or reframing your problems or tasks by importance. Asking yourself on a scale from 1-10, “how big is this problem?” or “how quickly do I NEED this done?” Usually things are not at a 10 so reframing how you approach the problem helps self-regulate.

Video: <https://www.youtube.com/watch?v=vlpKyLkIDDY>