

# GLOBAL SUMMIT OF WOMEN

Women: Re-designing economies, societies

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**AUTHENTIC LEADERSHIP = SELF LEADERSHIP**



**INSPIRING TRANSFORMATIONAL LEADERSHIP**

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## SELF LEADERSHIP: The Power of One

“There may be born leaders, but there surely are far too few to depend on them. Leadership must be learned and can be learned.”

*(Peter Drucker)*

You cannot lead others until you understand how to lead yourself first!

### Tips for effective self leadership:

- ☞ Life is about **choices**, make them wisely, as every choice has consequences
- ☞ Be **true** to yourself and be your authentic self
- ☞ Don't be limited by **others' opinions** of you
- ☞ **Be passionate** about what you do. If you aren't, you are doing the wrong things!
- ☞ Set goals, and apply the **SMART principle** to your goals
- ☞ Take calculated risks, and **don't be afraid of failure**; learn from your failures
- ☞ Find a good **mentor** and sounding board who will give you honest feedback
- ☞ Ensure your life has **balance**, including time for exercise, time to relax and eat well. These are all essential for physical, emotional and mental wellbeing
- ☞ Learn the importance of **“Letting Go”**
- ☞ **Believe in yourself** and back yourself