



Instilling Self-Awareness & Resilience for the Modern Day Leaders

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Live Purposefully

Love Passionately

Thrive Unapologetically

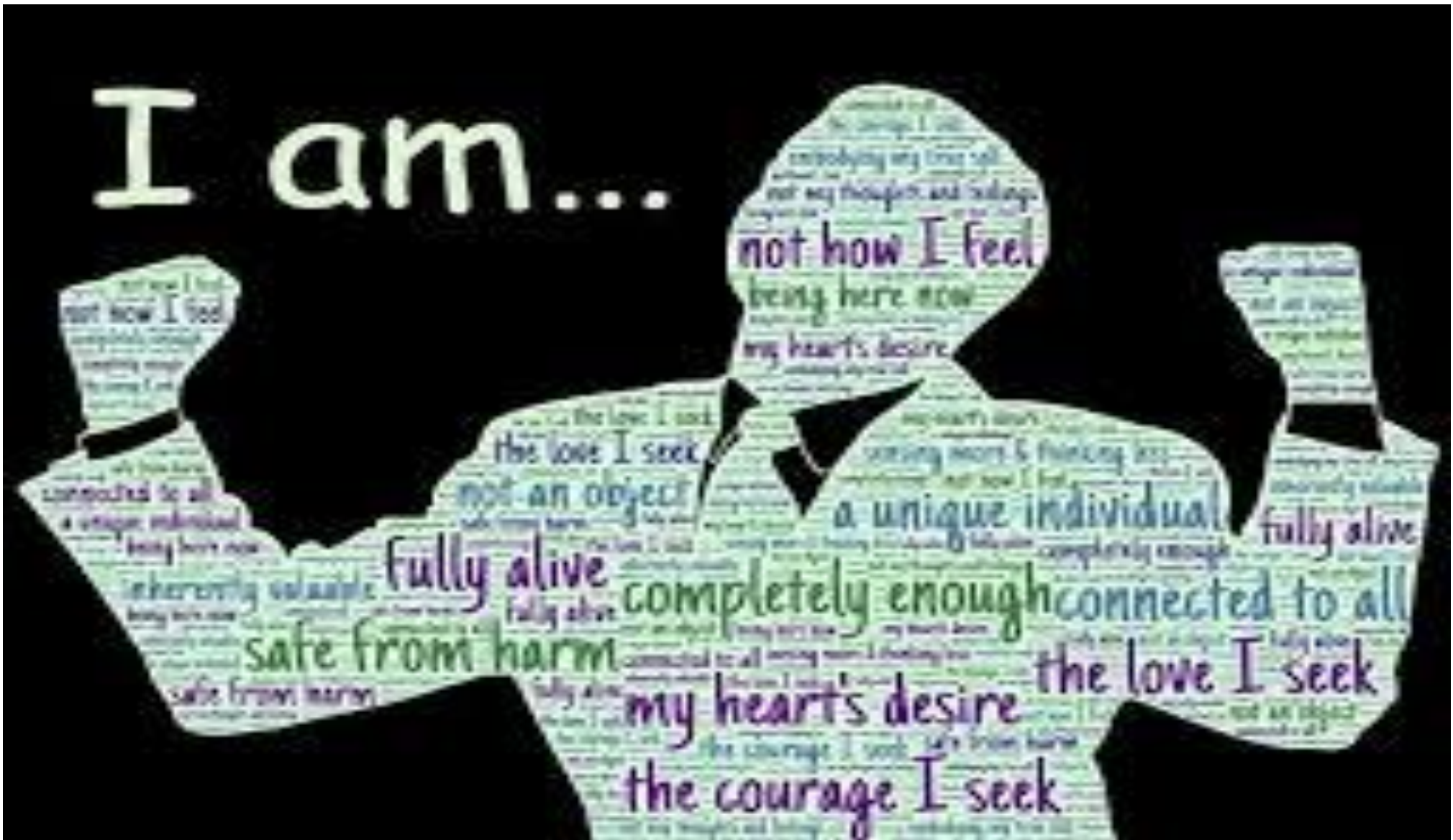
Meet my family



Objectives

- Instilling Self-awareness & Resilience for the modern day leader.
- Overcoming the imposter syndrome, self doubt & Dunning Kruger effect

Who am I?



A self Aware Modern Leader



Benefits of Self-Awareness

- It can make us more proactive, boost our acceptance, and encourage positive self-development (Sutton, 2016).
- Self-awareness allows us to see things from the perspective of others, practice self-control, work creatively and productively, and experience pride in ourselves and our work as well as general self-esteem (Silvia & O'Brien, 2004).

Self Awareness

“The ability to take an honest look at your life without attachment to being right or wrong” Debbie Ford

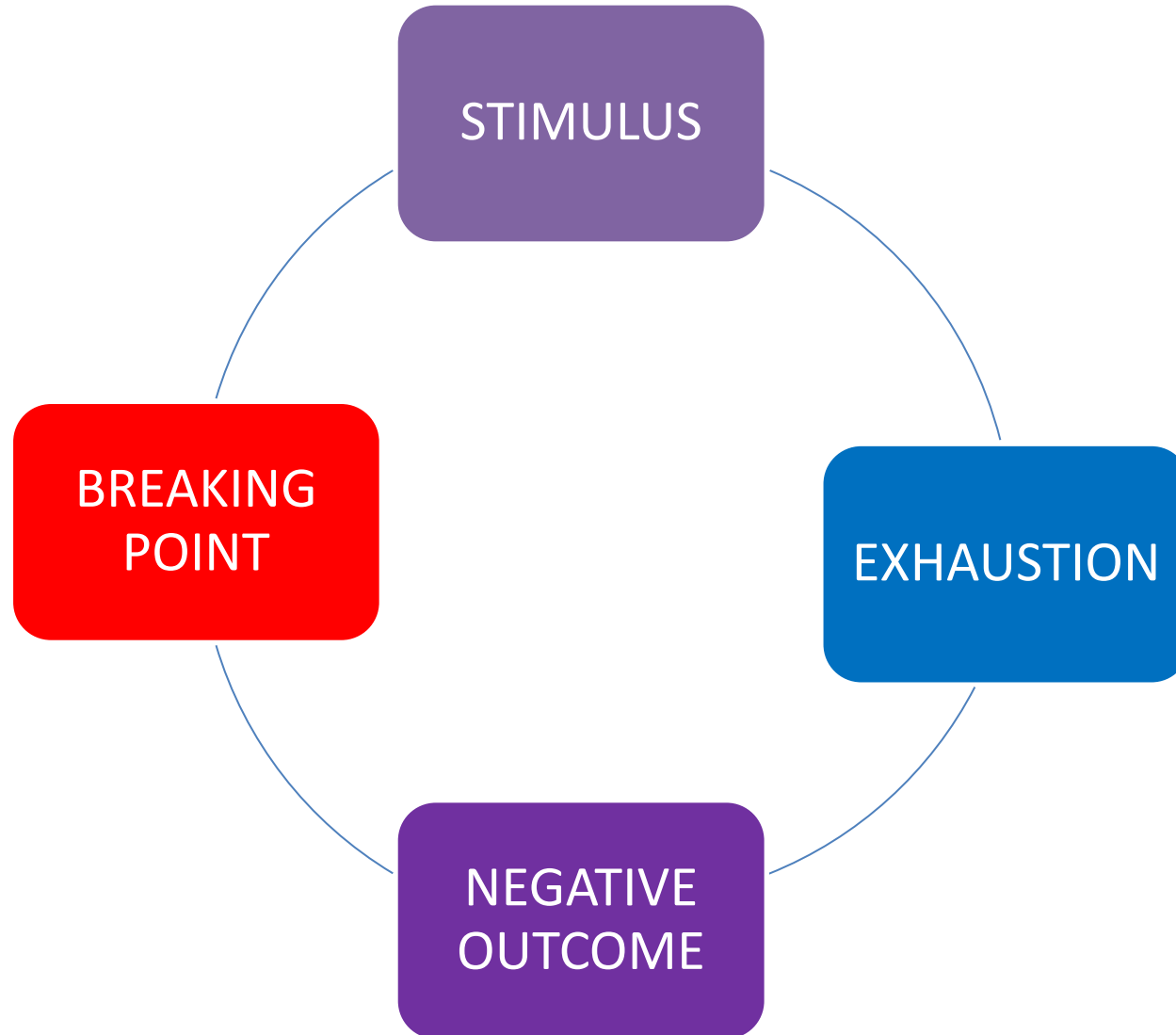
Disruptions!



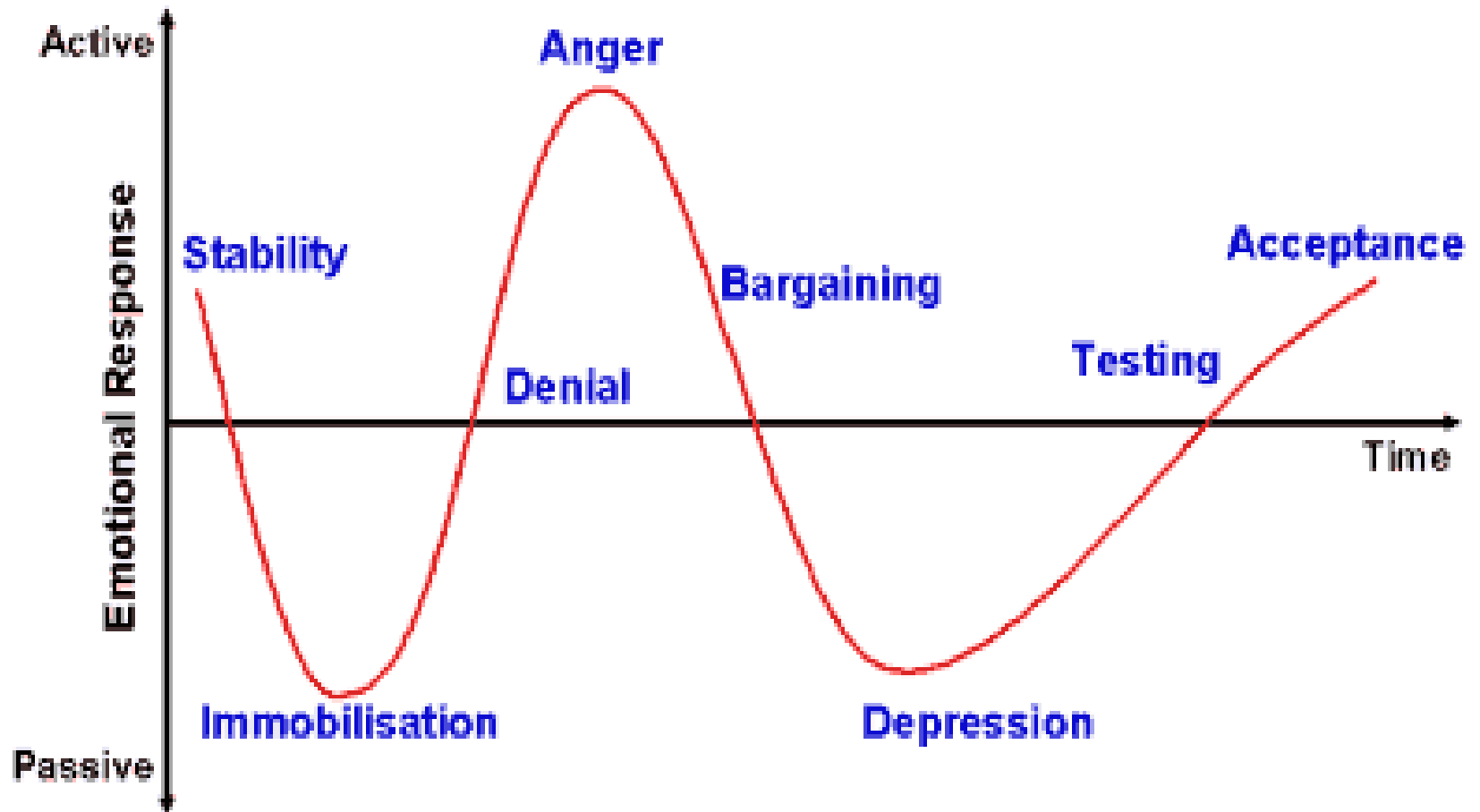
Self Awareness Pitfalls

- A good indicator of self-awareness reflects on management of **emotions**, **actions**, and **behavior**.
- People who lack self-awareness often experience stress, anxiety, anger and distress.

Potential stress response



Awareness of Loss Cycle: Kubler-Ross



Why is self awareness important?

Having a clear understanding of your own abilities and limitations allows for more effective communication, because a self-aware leader is better able to recognize the impact they have on the people around them.

Self-Awareness Potential Pitfalls

GAIL's

G – Gremlins

A – Assumptions

I – Interpretations

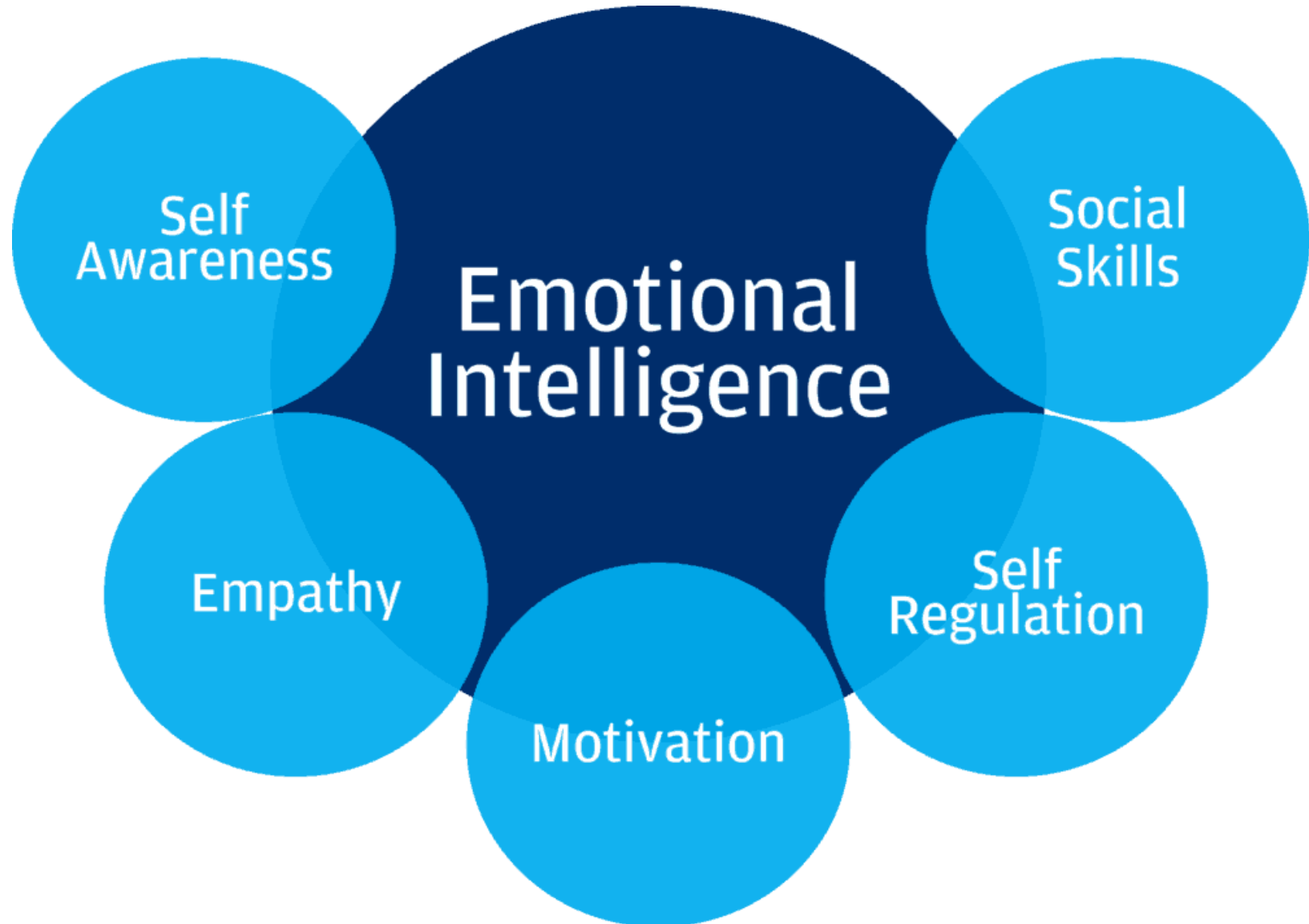
L – Limiting beliefs

Self Awareness

Daniel Goleman identified **self-awareness** as being made up of emotional **awareness**, accurate **self**-assessment, and **self**-confidence.

It is all about knowing your emotions, your personal strengths and weaknesses, and having a strong sense of your own worth.

Leadership Today



Self-Awareness

How to improve self-awareness;

Look at your past leadership experiences

List your strengths and weaknesses

Embrace Feedback provided

Accountability Partners & Cheerleaders

Check how you respond to Stress?

Self Awareness

Feed your mind healthy thoughts, healthy emotions, healthy goals, dreams, and expectations and you will achieve healthy results.

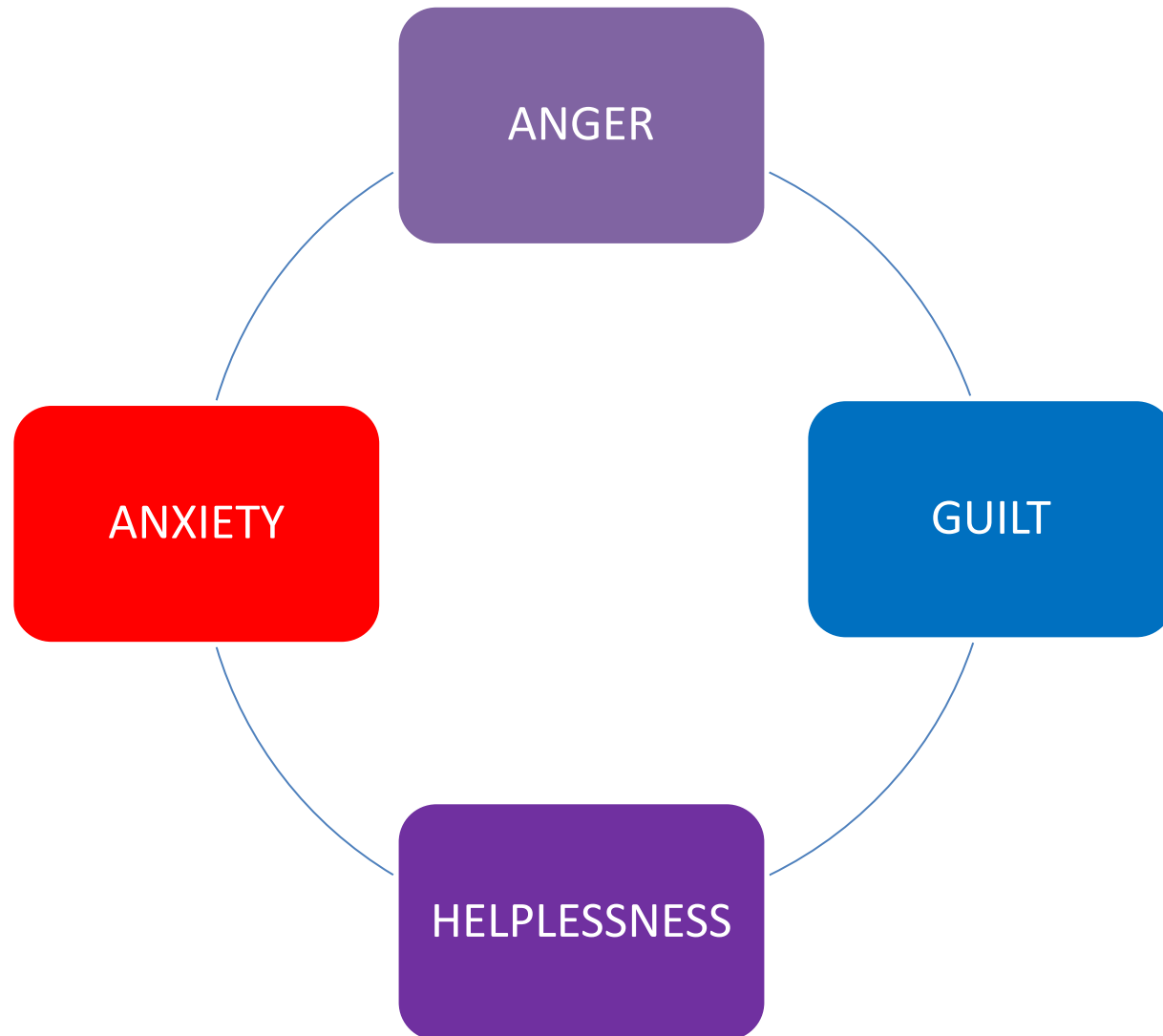
” – Elizabeth Upton

Resilience

Resilience is a crucial characteristic of high-performing **leaders**.

Resilient leaders have the ability to sustain **energy level under pressure**, to cope with disruptive changes and adapt. Bounce back better from setbacks.

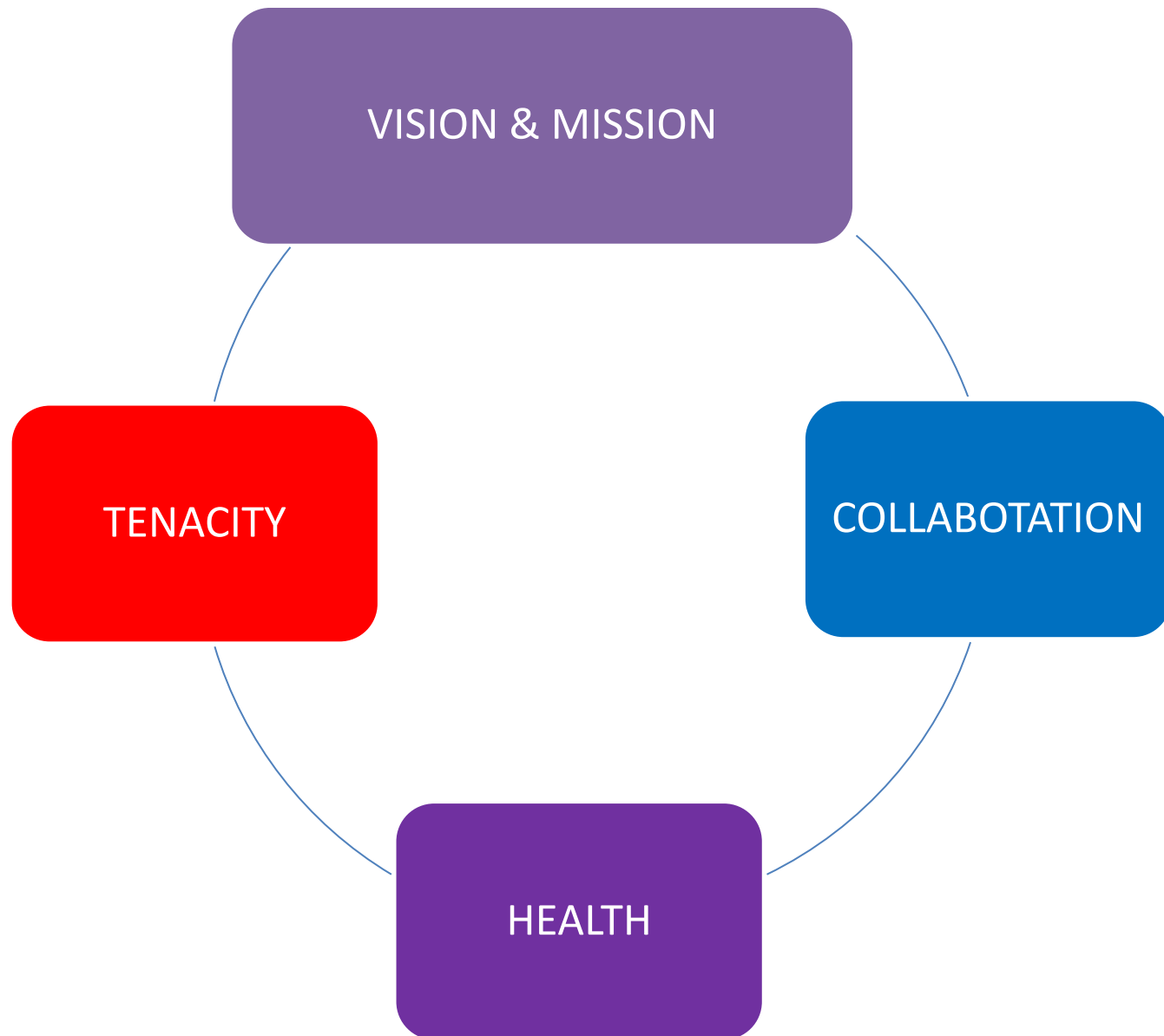
Potential Stress Reactions



Resilience for modern day Leaders



Building Resilience Domains



Pitfalls Influences

What **Internal/External** Influences are you aware of that could hinder your Leadership success?

The Imposter syndrome



Imposter Syndrome

Imposter syndrome is a collection of feelings of inadequacy that persist despite evident success. '**Imposters**' suffer from chronic self-doubt and a sense of intellectual fraudulence that override any feelings of success or external proof of their competence.

Write out a list of your successes it helps!

Self-Doubt



Self-Doubt

Doubt is a mental state in which the mind remains suspended between two or more contradictory propositions, unable to be certain of any of them. Doubt on an emotional level is indecision between belief and disbelief.

How to overcome Self-Doubt

- Raise your Self-Awareness
- Practice Self-Compassion
- Prepare Ruthlessly
- Stop asking for Validation
- Trust your Values & Belief System
- Embrace a Cheerleader, Coach & Mentor

Dunning Kruger effect

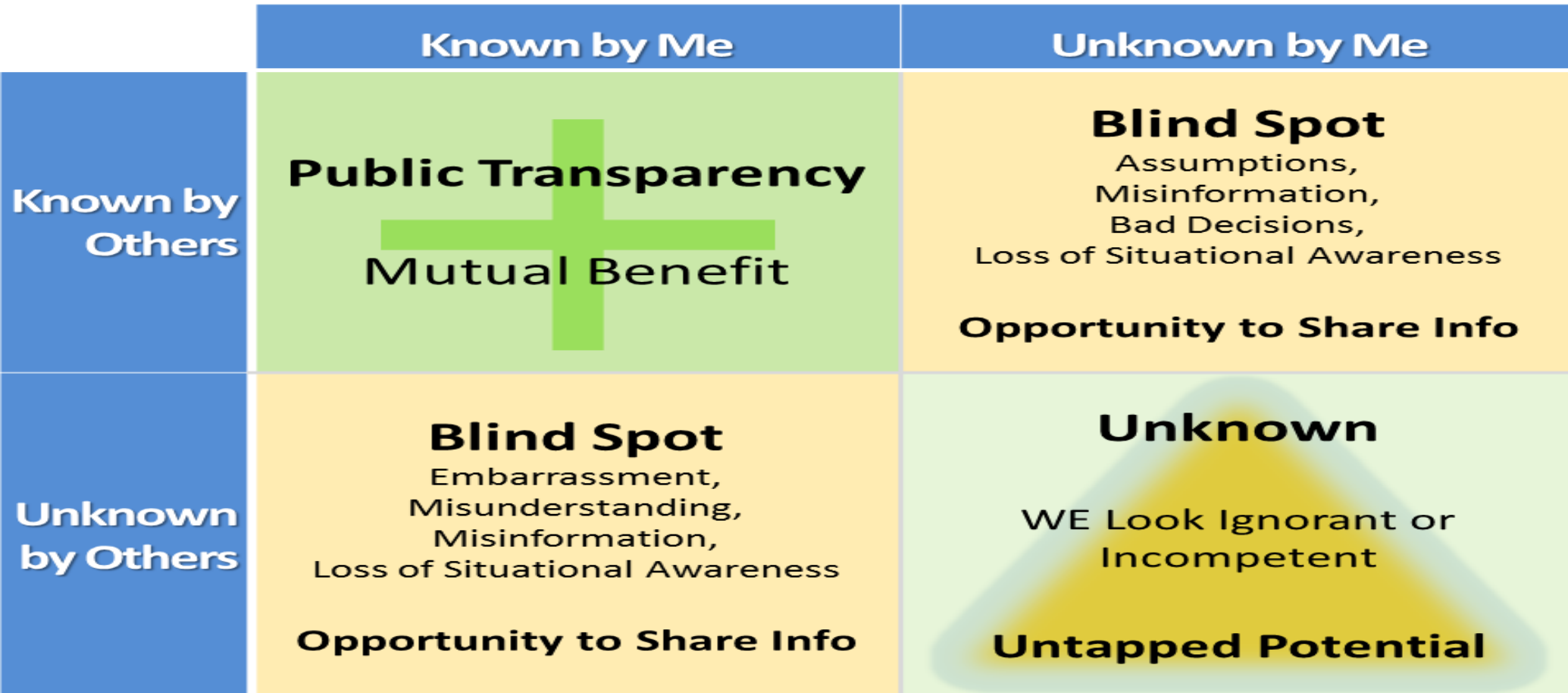
Dunning-Kruger effect is a type of cognitive bias that causes people to **overestimate their knowledge or ability**, particularly in areas with which they have little to no experience.

Cognitive biases are like blind spots.

Why is the Dunning Kruger effect matter

The **Dunning-Kruger effect** shows that the most competent people tend to underestimate their ability. But, more importantly, the **effect** shows that unskilled not necessarily incompetent people tend to overestimate their abilities

Johari Window



Self-Awareness

“If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far”. Daniel Goleman

7 Benefits of Self Awareness

- More **empathy** to self, influence & Significance
- More **empathy** toward your teams & others
- Better listening skills
- Improved critical thinking skills
- Improved decision making
- Increased creativity
- Increased ability to change habits

Awareness

Awareness of the need for change
Accept, Adapt & Advance

What needs to change?



Self Awareness & Brand Identity



A Self-Aware Leader

M - Magnetic

I - Involved

S - Seen

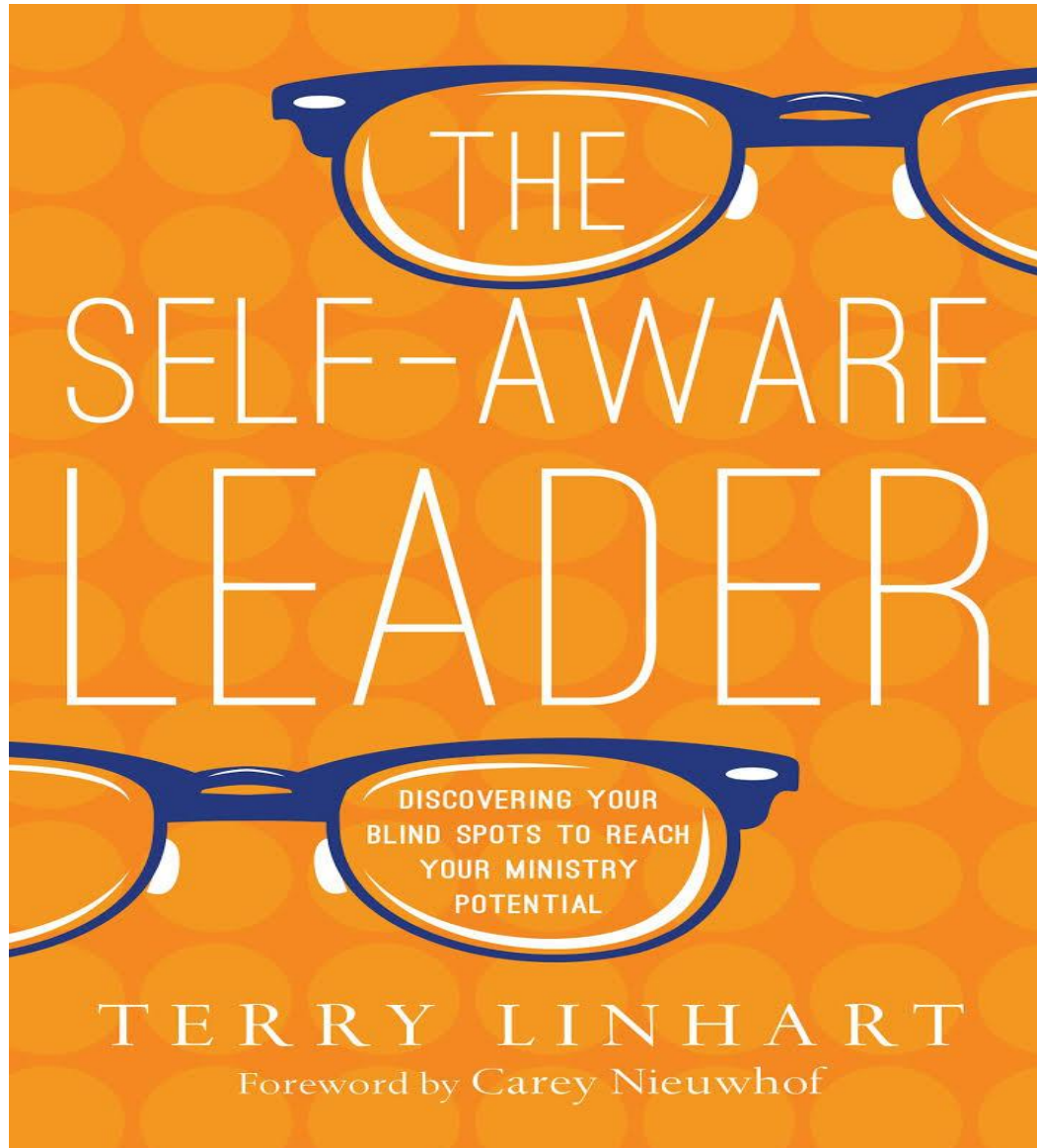
H - Heard

Thank you



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Recommended Reading



Cheering you on!



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