



Self Management Skills for Success

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Objective



A conversation on Self Management Skills;
Positivity, Self-Regulation, Self-Awareness,
Stress Management, Responsibility & Productivity
In order to achieve Success.

Live Life Well



Live
Purposefully

Love
Passionately

Thrive
Unapologetically

The Team



Question



Self Management Skills for Success

What are your Expectations?



Self Management



Is the ability to prioritize goals, be responsible & accountable to complete the necessary Actions.

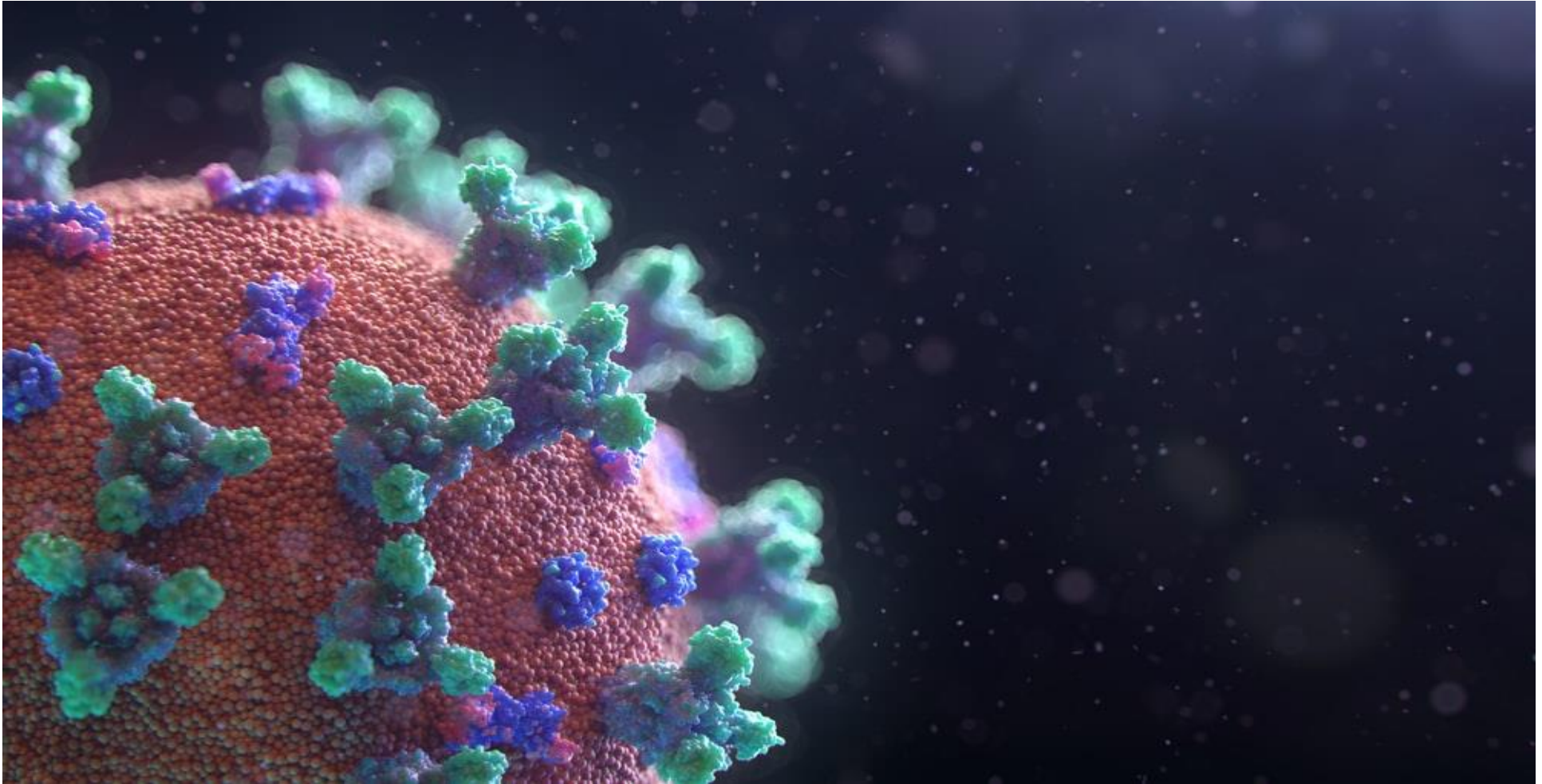
It involves;

**Physical, Mental,
Social & Spiritual**



External Barriers

The Covid-19 Disruption & VUCA World



Internal Barriers



The Inner Critique

GAIL's

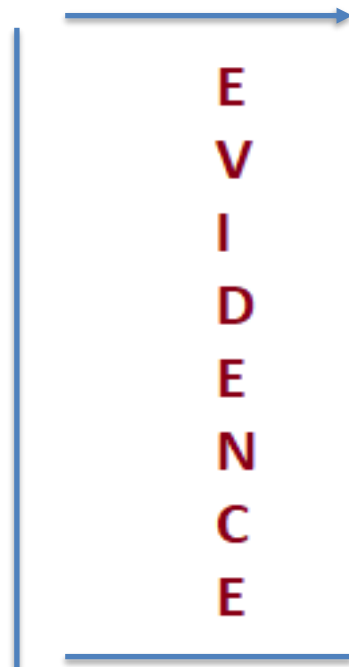
- Gremlins - Voices
- Assumptions
- Interpretations
- Limiting Beliefs



Self Management Model

Circumstances

Can Trigger



Thoughts

Cause

Feelings

Cause

Actions

Cause

Results

1. Responsibility



Self Management is about
Personal & Professional
Responsibility

1. **Clarity of Role**
2. **Self-Awareness**
3. **Self-Regulation**
4. **Emotional Intelligence**



2. Define your Purpose



Purpose

Living in **alignment**

with your **“ikigai”**

(reason for being)

in Japanese

“Clarity breeds Mastery”

Robin Sharma

A red graphic with rounded corners. The text 'live purposefully now' is written in a white, cursive font. Below it, the text 'Never stop asking yourself: "What do I truly want?"' is written in a smaller, white, sans-serif font. A white heart outline is positioned to the right of the bottom text.

live purposefully now

Never stop asking yourself: "What do I truly want?"

3. Become Self-Aware



Who am I?

Who do others say I am?

What are my Blind Spots?

How do your thoughts, or emotions influence your Behaviour and affect your thought patterns, Values, Culture and Beliefs.



4. Self-Regulation



What is your ability to regulate
Emotions, Thoughts &
Behaviors?

Manage stress

Delaying Gratification

Discipline

Set Goals

Achieve Excellence



5. Manage your Stress

Feeling Overwhelmed?

Are you under pressure?

Major life changes?

Life transitions?

Relationships?

Finances?

Work?



Reactions of Stress



Own your Emotions

- Anger
- Sadness
- Overwhelm
- Detachment
- Insomnia
- Anxiety
- Depression



6. Positivity



Optimistic?
"It's your attitude,
not your aptitude
that will determine your
altitude."

Zig Ziglar



Take 100% Responsibility



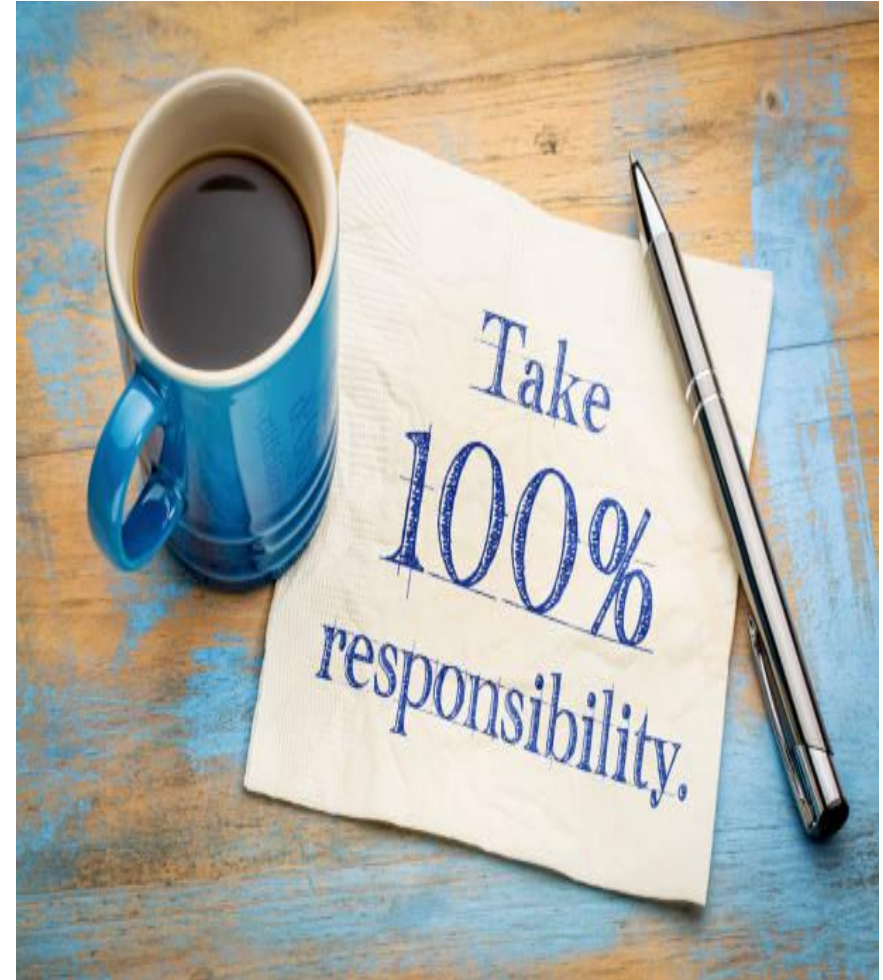
Exercise Self Discipline

Take responsibility for your actions.

Prioritize your Plans

Stop Blaming others

Don't procrastinate



6. Focus

What is your Reality?

What you focus on
becomes your Reality.

Positive/Negative Energy

Anabolic vs Catabolic Energy



7. Self-Care

Practice Self Care

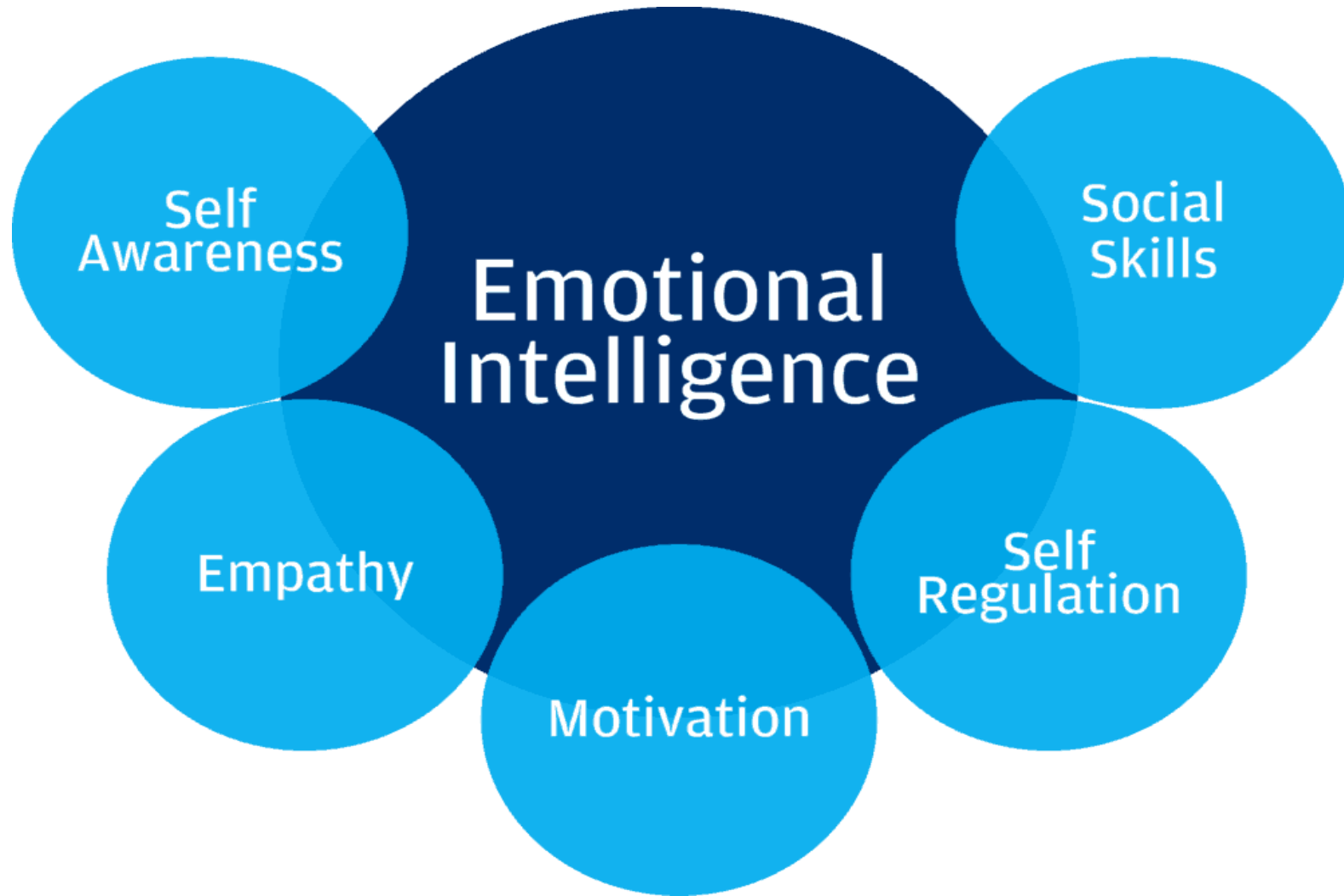
Accept

Adapt

Adjust



Self-Management Skills



Resilience



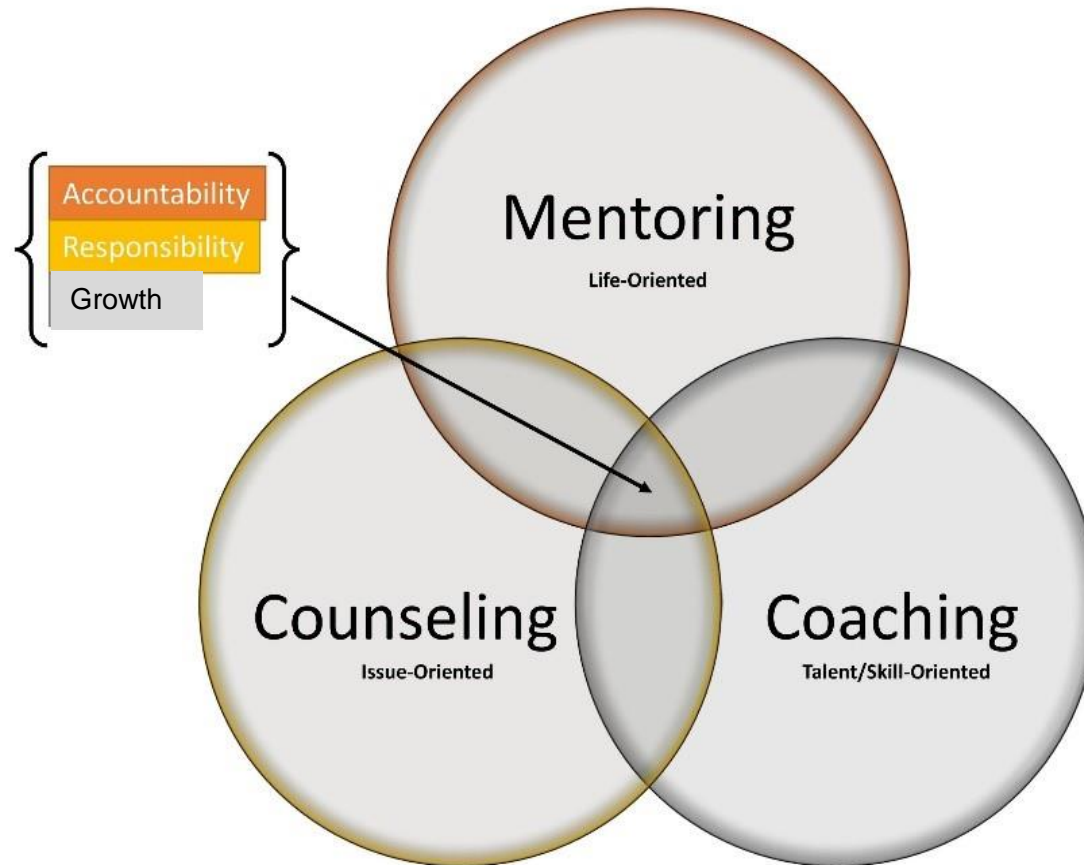
Self-Management



Self-Management
is not a destination
It's an intentional
Journey
that requires
Commitment
Consistency &
Courage



Seeking Timely Support



Discussion



What is your take home?





Thank you Q & A





Cheering you on!



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