Self-Leadership in Business Overview  
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Research across a variety of settings, from the educational domain to the airline industry, has shown that the practice of effective self-leadership by employees can lead to a plethora of benefits including improved job satisfaction, self-efficacy, and mental performance.  
  
As business changes, so do the traits needed to excel. We live in a time where our prospects for the future increasingly depend on managing ourselves and handling our relationships more artfully. We apply practical guidance for the crucial personal and business challenges faced as leaders. Your businesses competitive edge is not the products within an organisation anymore, but how well you lead & inspire your people.  
  
Creating a culture of effective self-leadership perspectives encourages individuals to find their own personal identity and mode of contribution as part of business or group that produces synergistic performance.  
  
Self-leadership provides considerable promise for taking the pursuit of employee effectiveness to the next level. Indeed, effectively self-led employees, both behaviourally and cognitively, may offer the best blueprint for achieving employee and organisational effectiveness in the 21st century.  
  
This is not about the leadership of others. Instead, it is about something more fundamental and more powerful - self-leadership: leadership that we exercise over ourselves. In fact, if we ever hope to be effective leaders of others, we must first be effective leaders of ourselves.  
  
To define the meaning of the word ‘leadership’ as it relates to the concept of self-leadership, is simply "a process of influence." In taking an initial step toward understanding and improving our own self-leadership, we must first recognize that leadership is not just an outward process; we can and do lead ourselves.  
  
Our greatest potential source of leadership and influence comes not from an external leader, but from within ourselves!  
  
Self-Leadership involves "leading oneself" via the utilization of both behavioural and mental techniques. Behavioural self-leadership techniques involve self-observation, self goal-setting, management of behaviour, modification of consequents to behaviour (e.g., self-reinforcement, self-punishment), and the finding of natural rewards in tasks performed.  
  
Mental self-leadership techniques involve examination and alteration of self-dialogue, beliefs and assumptions, mental imagery, and thought patterns (habits in one’s thinking).  
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  \*Resource:  Dr. Pamela Butler, Clinical Psychologist