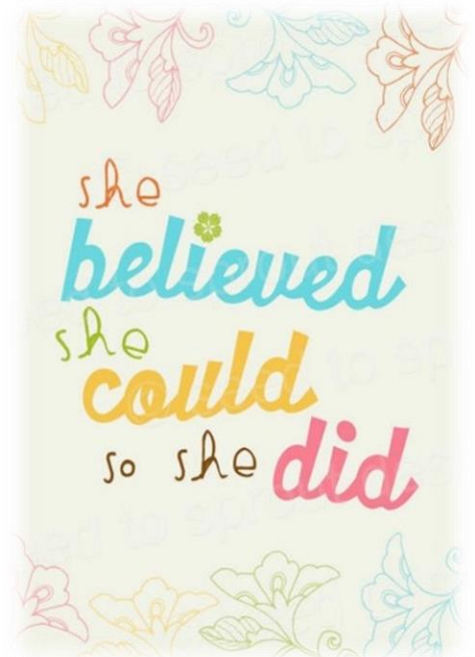


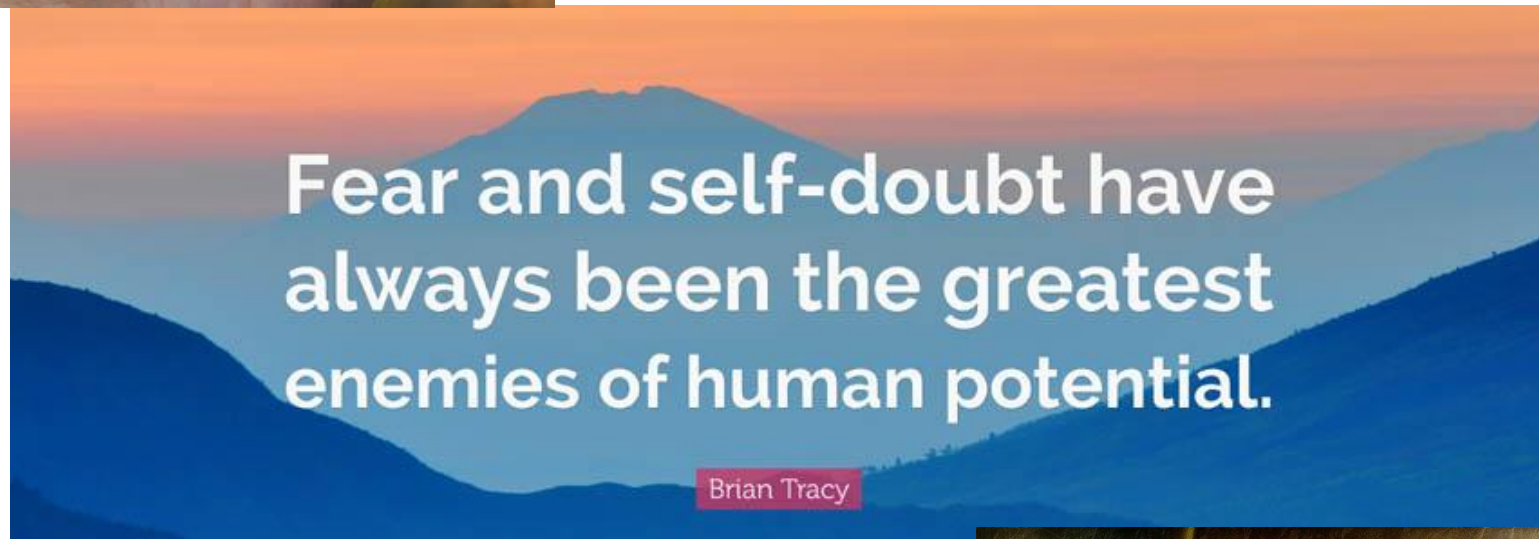


PRO-DEVELOPMENT (UK) LIMITED
Growing your business through your **People**

The Power of Self Leadership: Thriving in Times of Change

Michelle Mook







Who are Pro-Development



Retaining your talent
Improving productivity and morale

Developing leaders who inspire others

Building your teams
Developing your talent



**MAKING A
DIFFERENCE**

TRUSTED

CREATIVE VIBRANT



Leadership can change lives

“Our actions and words can have a profound effect on others. We have the power to change lives in both impactful and detrimental ways”.





Taking the first step to self-leadership



Who are you?
Do you know?





10-year-old Tilly Smith





Imagine if everyone around you practised self-leadership?



What impact would this have?

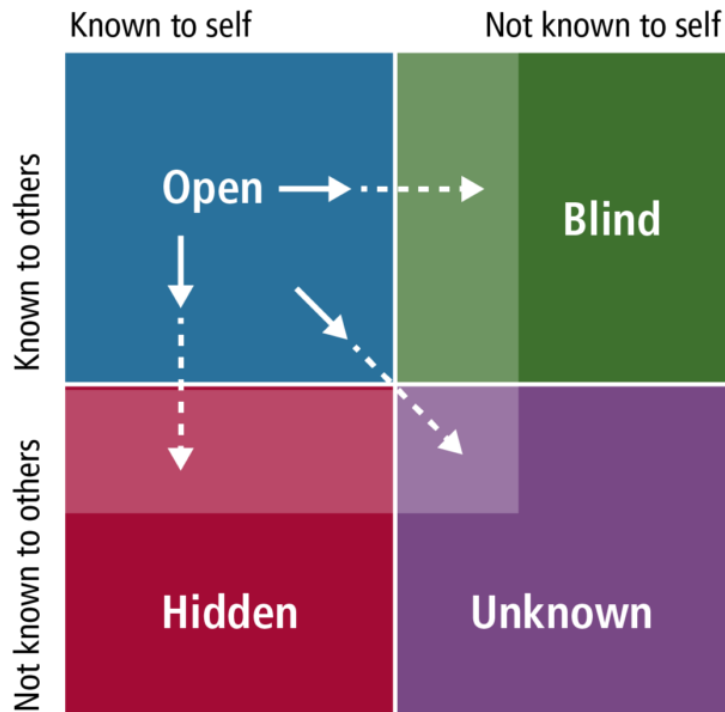
What does leading self look like to you?





Know yourself and your strengths

Johari Window Model





Have a growth mindset

"Failure is an opportunity to grow"

GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things"

"Failure is the limit of my abilities"

FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like to be challenged"

"I can either do it, or I can't"

"My potential is predetermined"

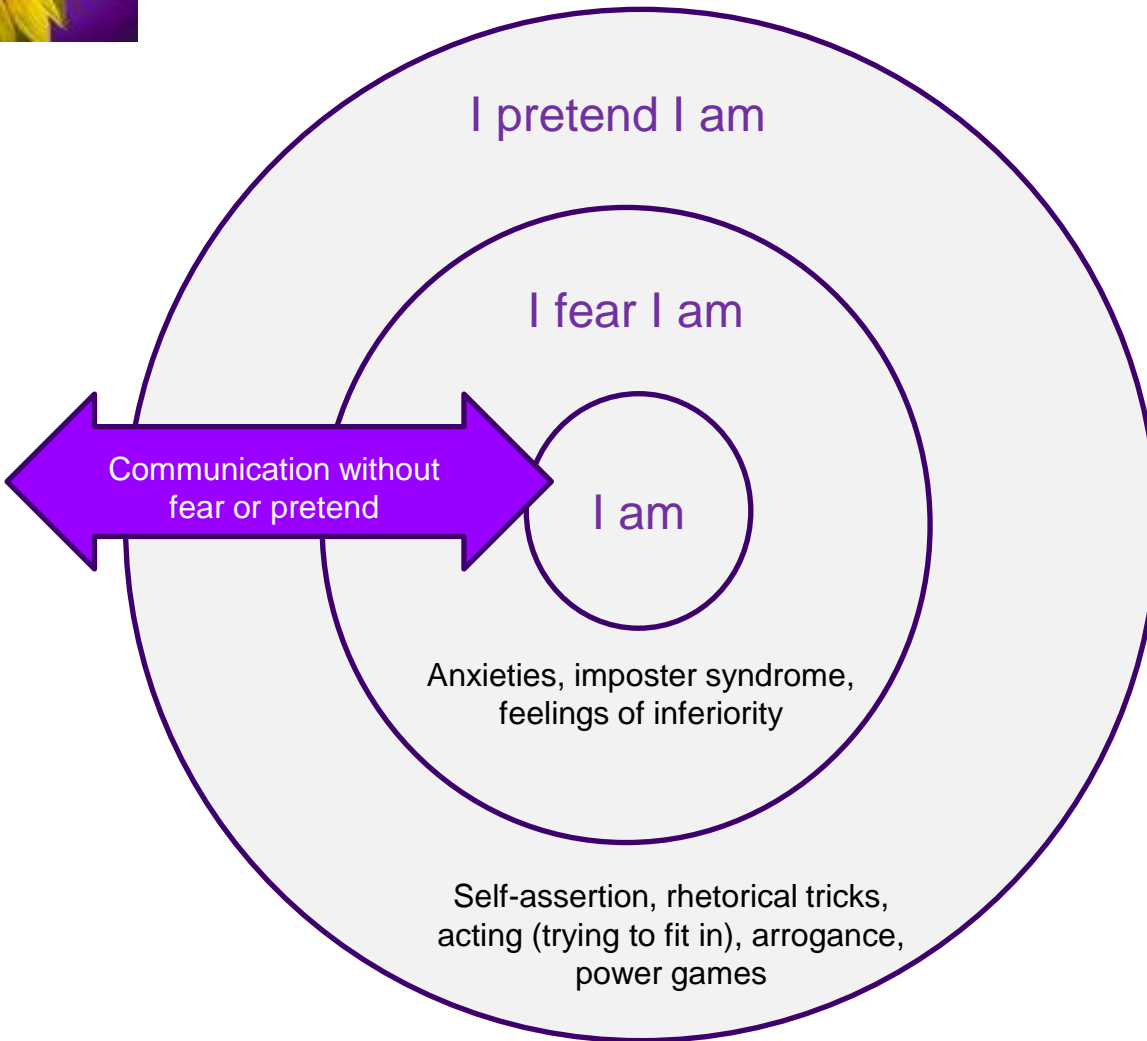
"When I'm frustrated, I give up"

"Feedback and criticism are personal"

"I stick to what I know"



Be your best self



Horse and Personality Model (adapted from Paul Hunting)

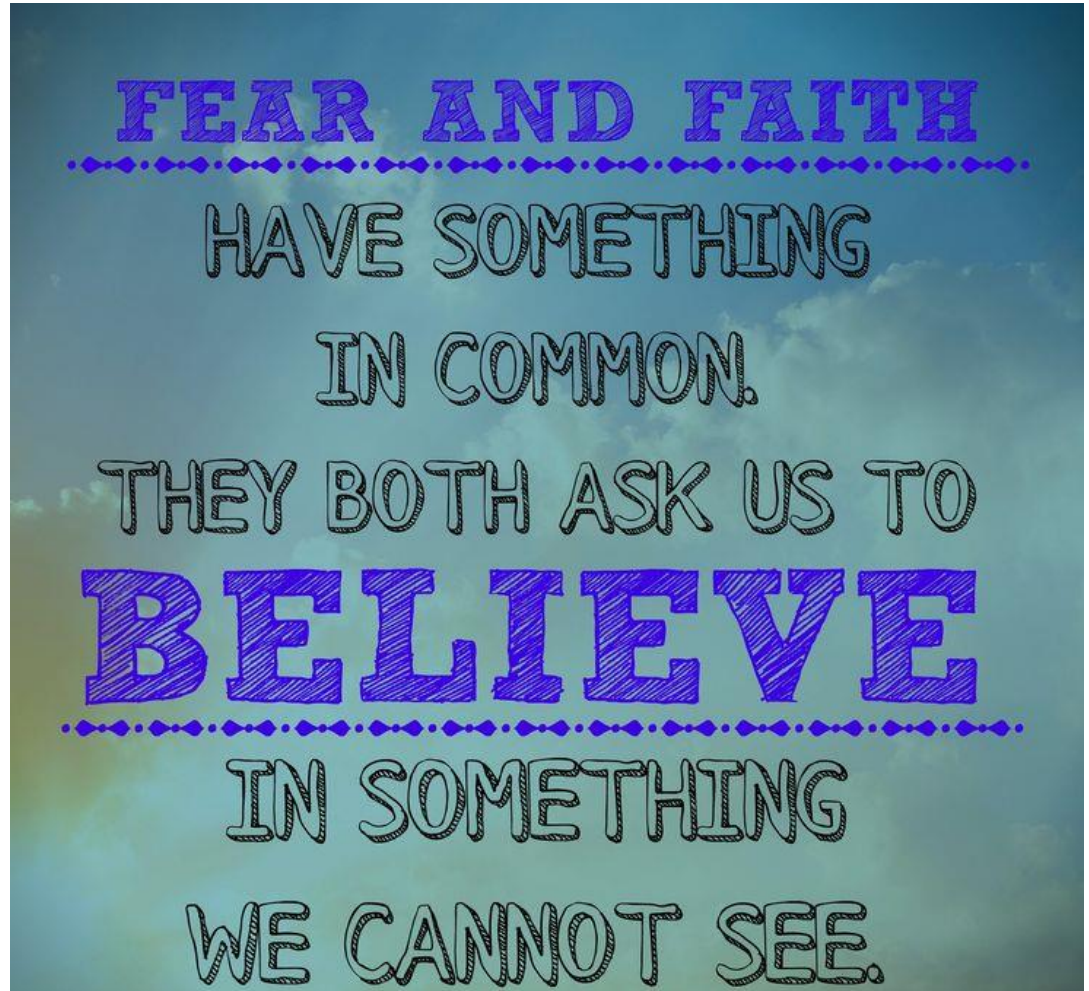


Live in faith/hope, not fear!

Which dog are
you feeding?



The Positive Dog, Jon Gordon





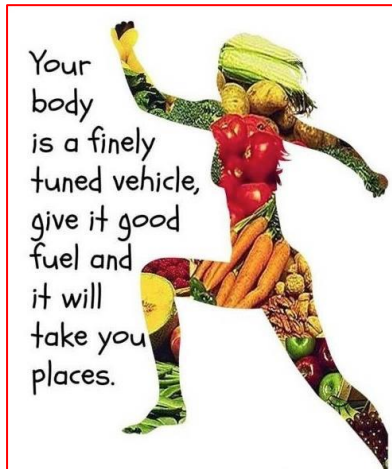
Get out your comfort zone

Learning zone





Put your own oxygen mask on



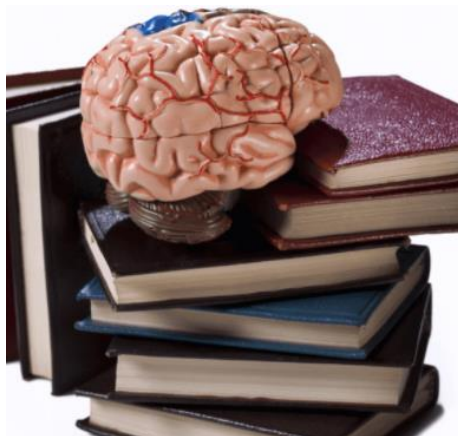
Physical

- Eat healthy
- Exercise
- Getting outdoors
- Sleep
- Rest



Spiritual

- Meditation
- Mindfulness
- Gratefulness
- Your values/beliefs
- Sense of self
- Prayer and religion



Mental

- Reading
- Learning
- Writing
- Podcasts
- Reflection
- Journaling



Social/Emotional


- Relationships
- Meaning and Purpose
- Give service
- Laugh/ Love
- Being part of something
- Making a difference

Be brave

she
believed
she
could
so she did



LIFE
is too short
TO PLAY
SMALL





Now well, we get to help others on their journey to self leadership



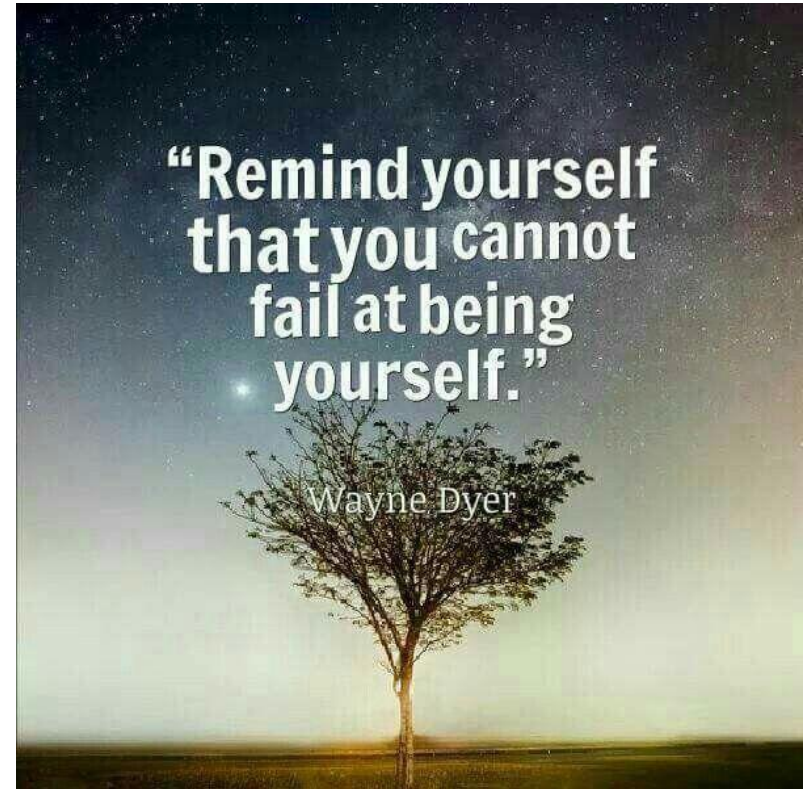
The Art of Self Leadership
2 day programme

Remarkable Leadership Programme – 7 month programme with coaching





What is at least one thing you can do now that will help you be at your best?





What I would say to myself now





Thank you

Any questions?

If you need any further information or help, please don't hesitate to contact us.

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