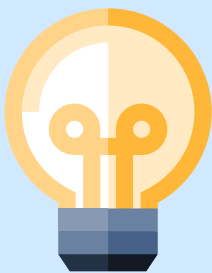


Self Leadership

www.aaaplus.ch



Achieve your goals

Personal & Professional influencing and directing your own thoughts, feelings, and actions

Self connection

Feeling good about yourself and your job

Be a better version of yourself

150%



Take control of your life and career



Make decisions in line with your values



Continuously develop yourself

Self knowledge

Know your strengths, weaknesses, values and goals in order to



Make informed decisions

About your life and career
Raise awareness of your hopes, achieve them

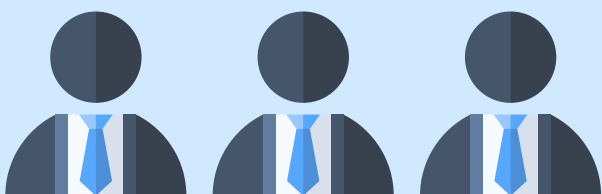
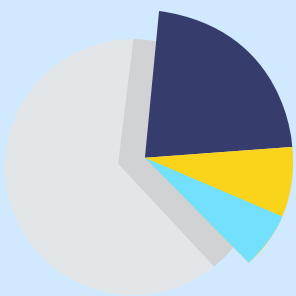


Identify areas for

Personal growth and development, also identify your paradoxes and transcend them

100%

Achieve visible results and lasting solutions



Key

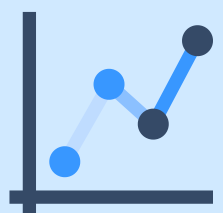
Self-motivation et proactivity

Clear and achievable goals

Action plans, scenarios, several possible paths

Moving on to practice

Stay focused and persistent



01



Self-regulation

Effective management of thoughts, emotions and behaviours

02



Non reactivity

Staying calm under pressure, controlling impulses, making rational decisions

03



Introspection

Continuously self analyse and self assess
Reflect on your actions, behaviors and results

04



Self improvement

Learn from your mistakes, acknowledge your successes, adjust to perform better

05



Self development

Acquire new skills, knowledge and experience.

06



Ask for feedback

Solidify yourself so that you can hear it.
And take it into account to improve

07



Roles

Be aware of the roles we play, that we are given (at work and in our personal lives)

08



Meeting challenges

Seek to test your abilities, manage your fears, get out of your comfort zone