

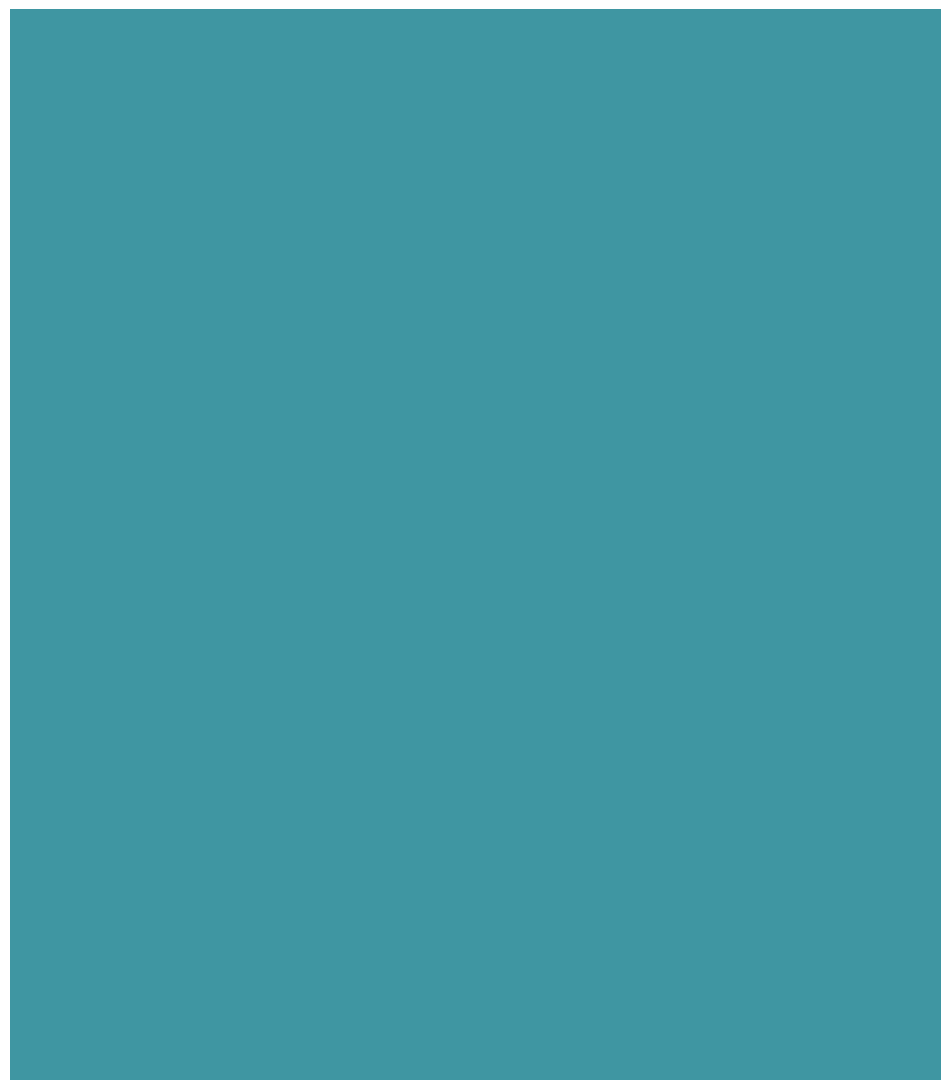
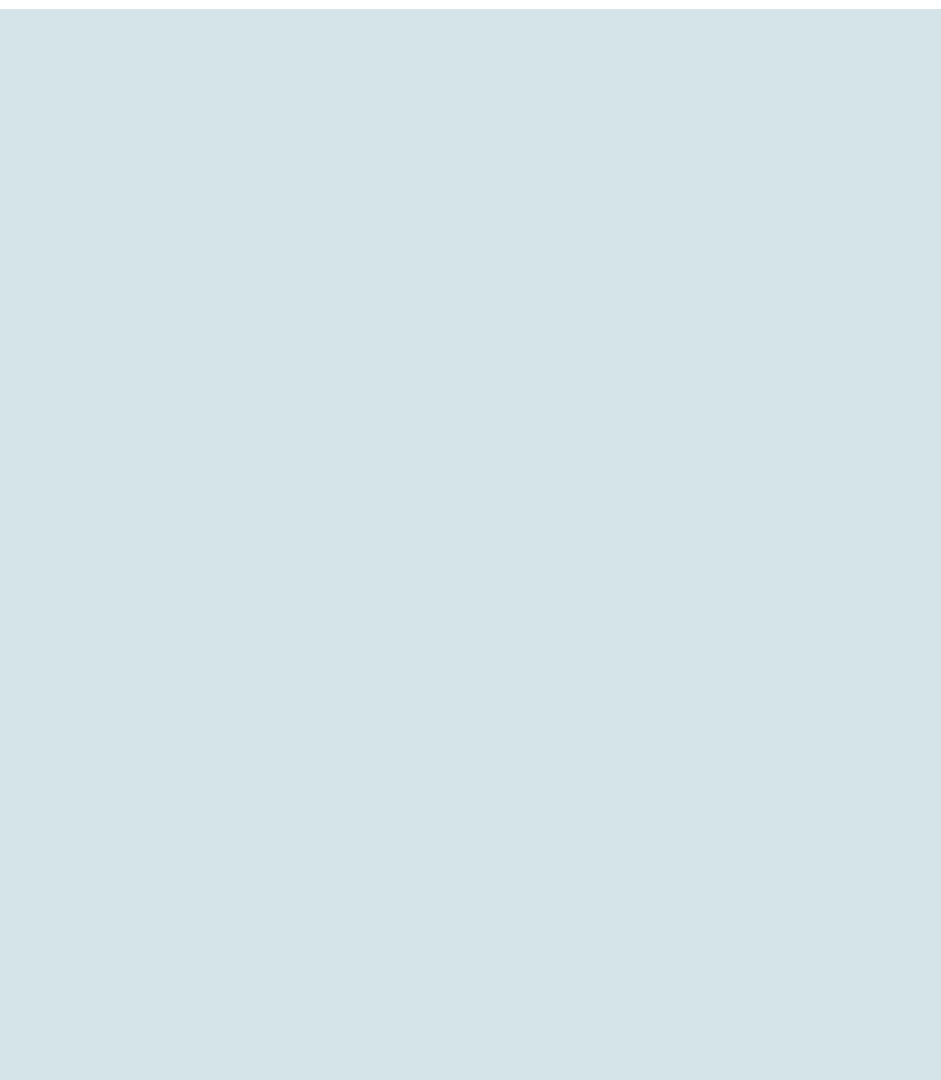


You Are Your Own Boss

Inspire 2022 - The Conference of You



Being the BEST you



Roles First

Think of three to five roles

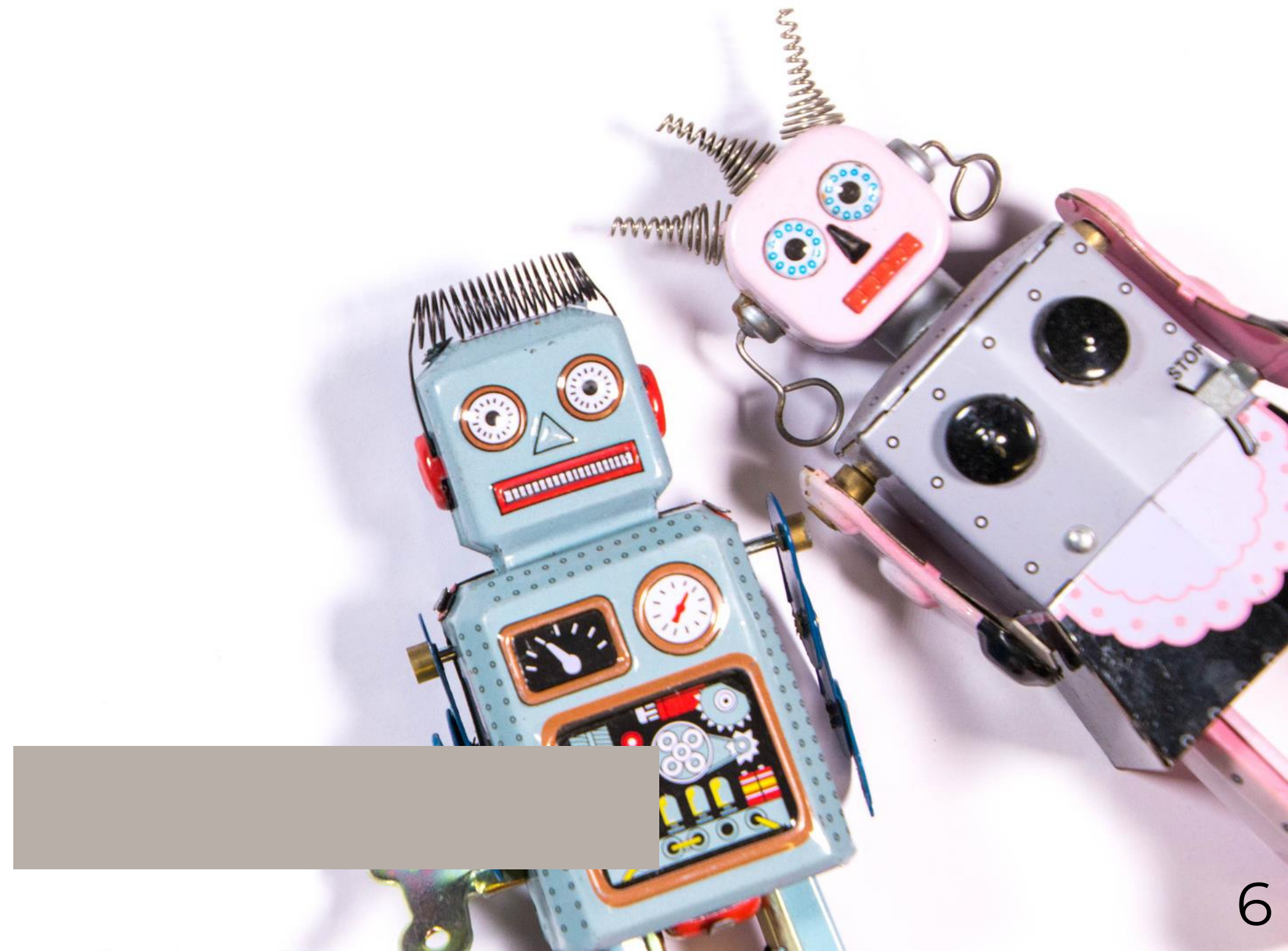
Name them



ROLES

Relationships

Think of three to five
relationships that matter

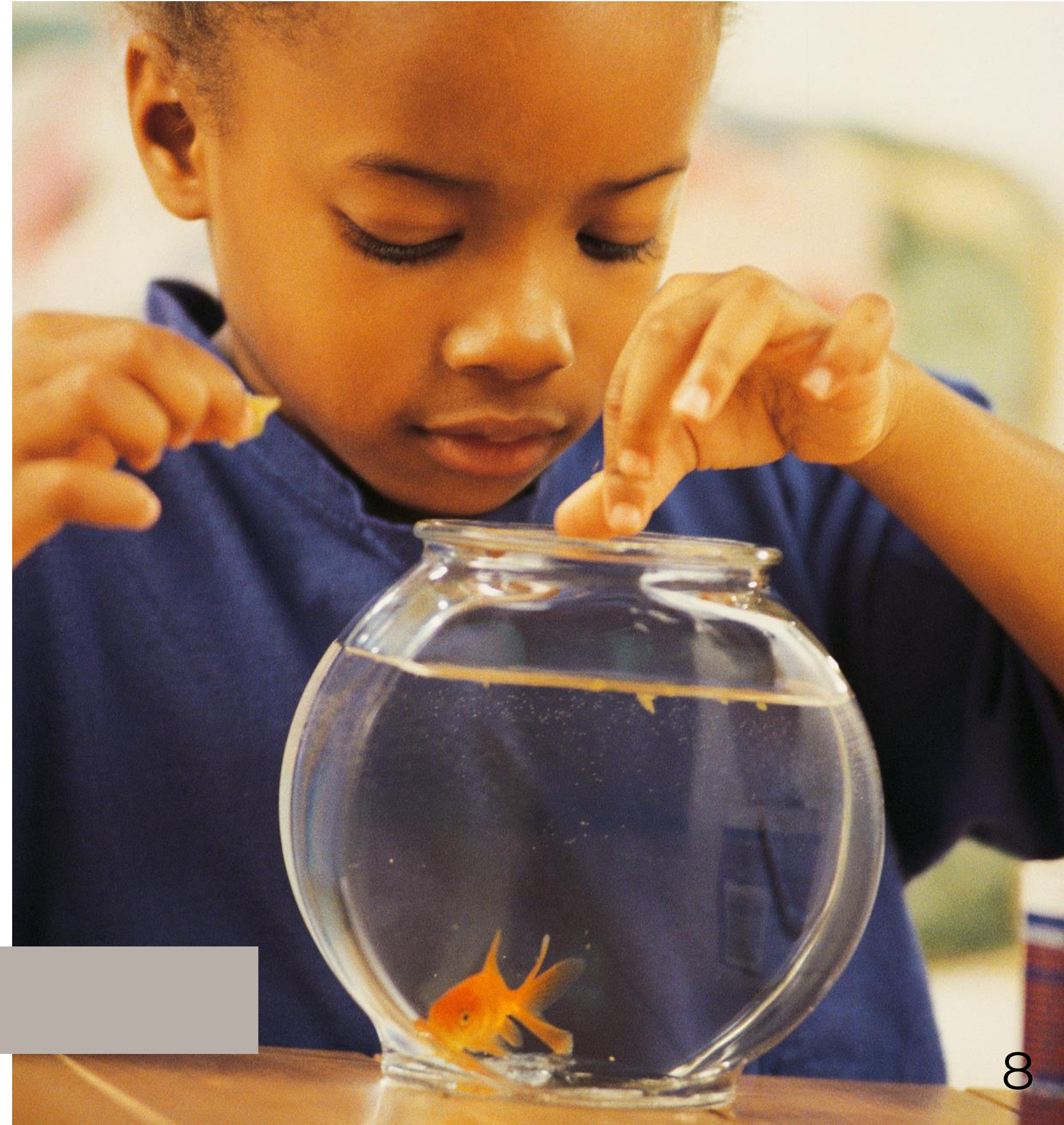


Roles

Relationships

Responsibilities

Think of the responsibilities
you have linked to the roles
and relationships that matter



Roles

Relationships

Responsibilities



Being the BEST you

Best YOU Statement

Roles

Relationships

Responsibilities

Me



Me

A present mum, an add value wife, a useful employee and a reliable and helpful daughter, while finding joy in the little things.



Yours

Should show you what,
at this point in time, is
important to you.

What relationships, roles
and responsibilities
matter to you.



Best (not) YOU statement

Win the Ashes, become an astronaut and marry a French woman.

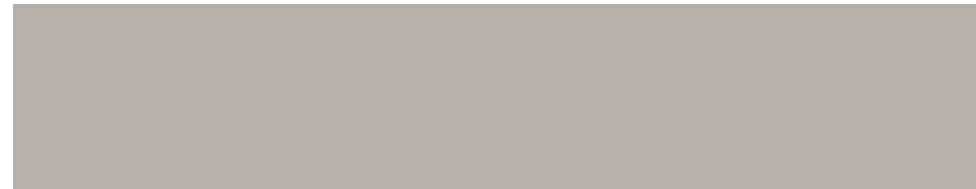


Best YOU statement

Roles

Relationships

Responsibilities

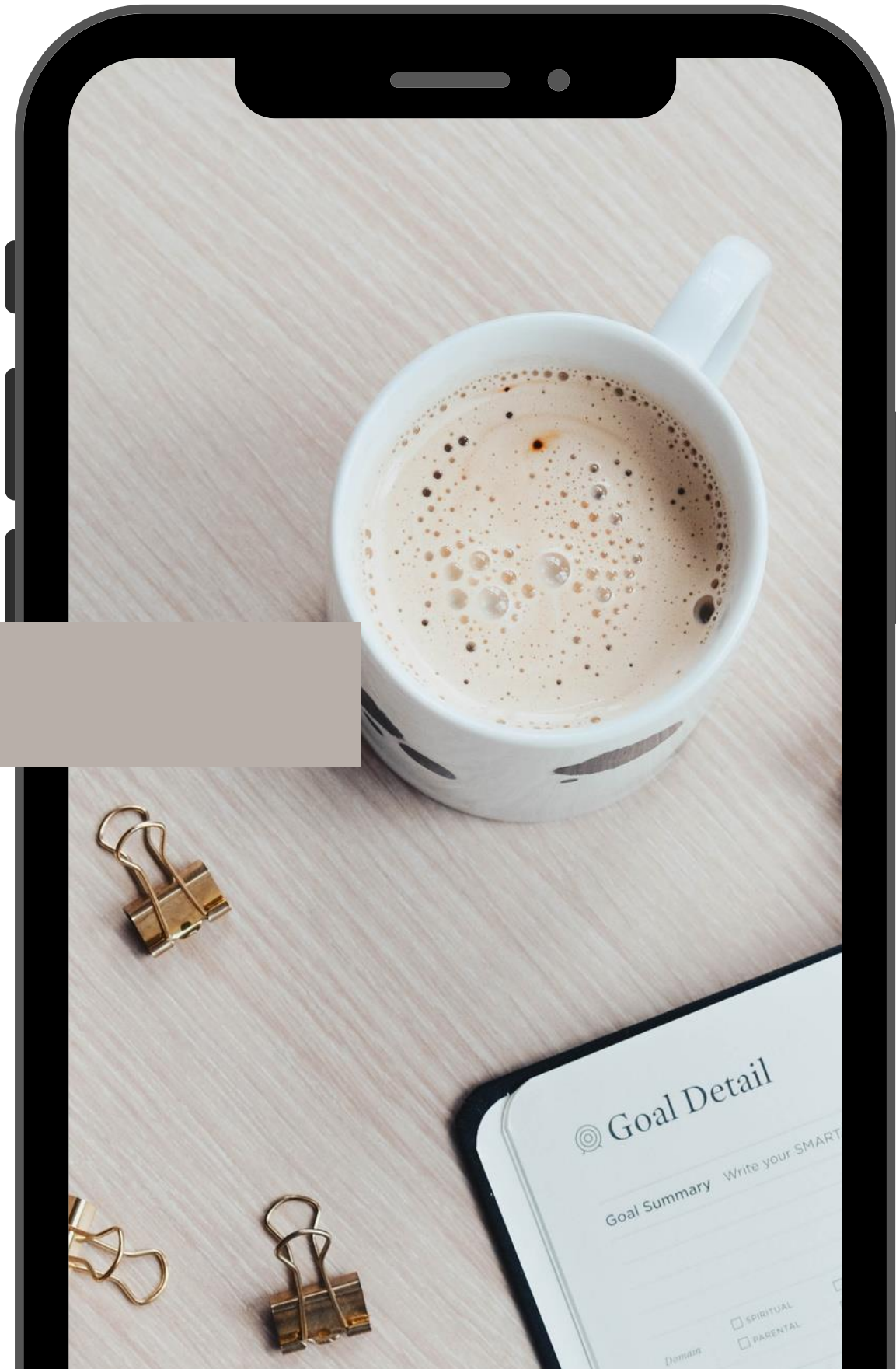




The Boss of YOU INC



Self Management



Definition

Management of or by oneself; the taking of responsibility for one's own behaviour and well-being.

Taking it further

Self-management is our ability to manage our behaviours, thoughts, and emotions in a conscious and productive way.



Why does it matter

Self-management means you understand your personal responsibility in different aspects of your life, and you do what you need to fulfil that responsibility.



Stephen R Covey

Seven Habits



- Be proactive
- Begin with the end in mind
- Put first things first
- Think win/win
- Seek to understand first, before making yourself understood
- Learn to synergize
- Sharpen the saw

Win - Win Outcomes





Responsible
Response - able
Able to choose my response

School of Design





Being the Boss



Being the Boss

- make decisions
- evaluate choices
- plan + deliver
- devise strategy
- manage assets
- be accountable
- be responsible
- contribute to relationships



Think ...

When was the last time you put any
real effort into the management

YOU INC



Self Control



Restraint exercised over one's own impulses, emotions, or desires.

Self Regulate



Self-regulation involves taking a pause between a feeling and an action—taking the time to think things through.

Self Talk



Watch how you talk to yourself and change the tone from one of criticism to one of positive action.

Self Control + Self Regulation + Self Management





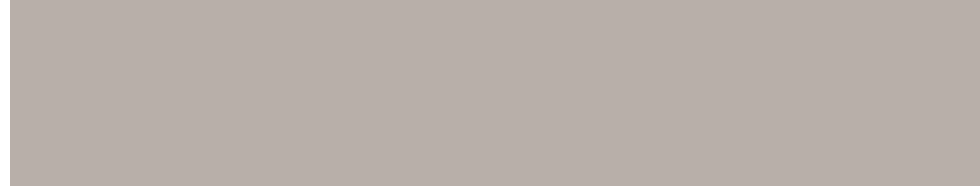
Flow



Hallmarks

- Know Yourself
- Ownership and Control
- Priority Setting and Timelines
- Reflection and Agility
- Resolution over Escalation
- Wellbeing

Know Yourself

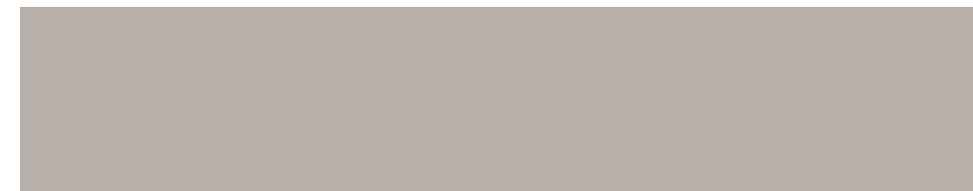


Ownership and Control

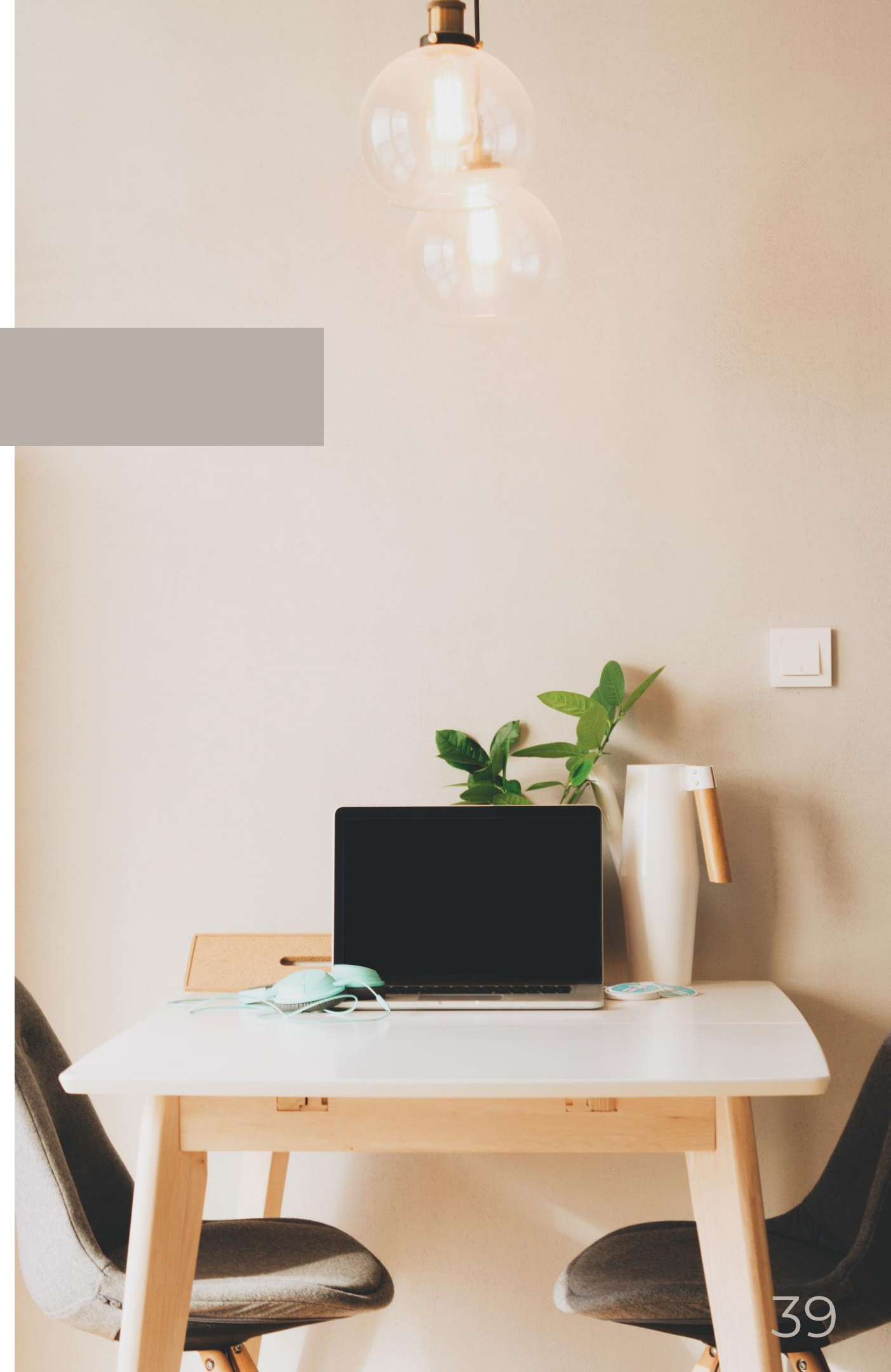




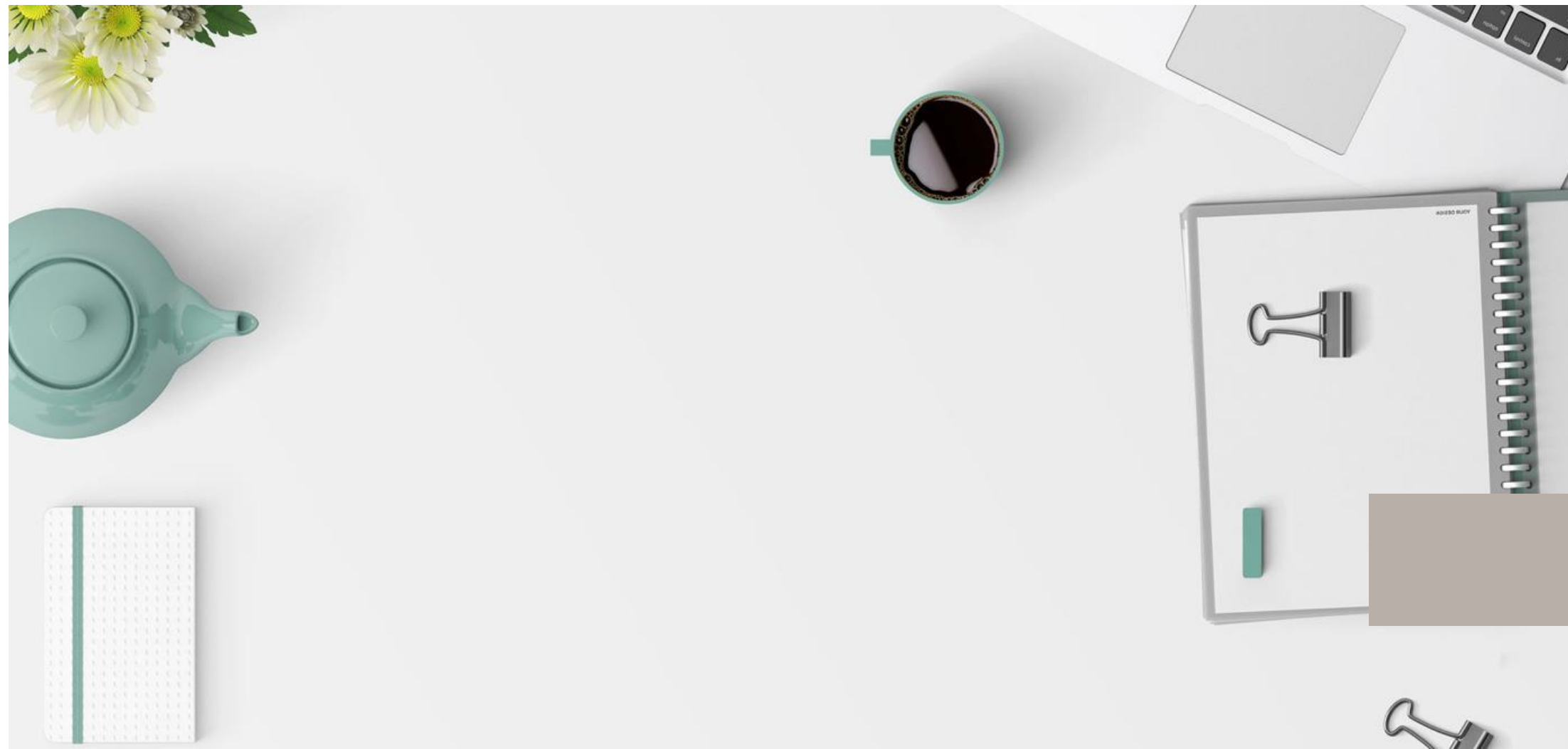
Priority Setting and Timelines



Reflection and Agility

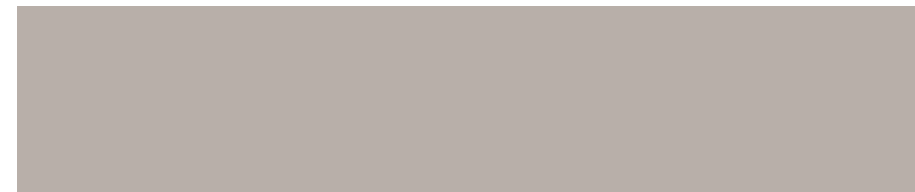


Resolution over Escalation

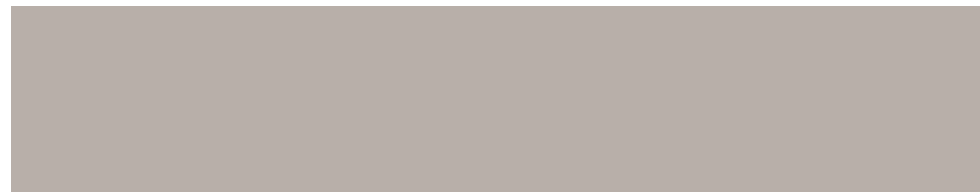




Well-being



KPIs



Best YOU Statement

Roles

Relationships

Responsibilities

KPIs / Success



Thank You

