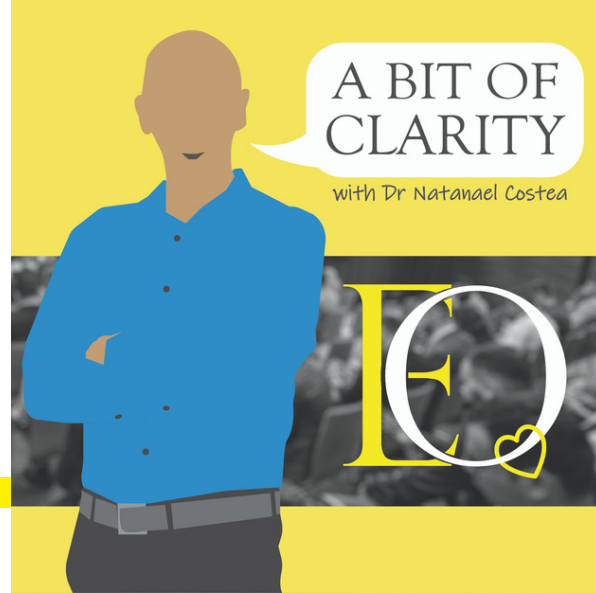


EP 026

SELF-MANAGEMENT



SHOW NOTES

OBJECTIVE

> Develop an understanding of self-management.

UNDERSTANDING SELF-MANAGEMENT

Self-management is the ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, delaying gratification, motivating oneself, and setting and working toward desired goals. Self-management also includes an element of taking responsibility for your own actions, and ensuring that what you do matches with your personal values.

DEVELOPING SELF-MANAGEMENT

- 1. Self-control.** This means not masking or hiding your emotions but recognising and controlling them appropriately. It means not making rash decisions or over-reacting to a situation but remaining calm and rational. It leads to being able to make balanced decisions based on what is really important, and not just how we feel at the time. Self-control usually manifests itself as the absence of visible emotion.
- 2. Trustworthiness.** This refers to behaving 'well', in accordance with your personal values and code of ethics. It is your moral compass, referring to your ability to maintain your integrity, ensuring that what you do is consistent with your personal values. People who are trustworthy act ethically.
- 3. Conscientiousness.** This means taking responsibility for your own personal performance, and making sure that it matches up to your ability and your values. It also refers to meeting commitments and keeping promises.
- 4. Adaptability.** This refers to being flexible in responding to change. It is being resilient and able to manage change. People who adapt well are those who understand what is happening and have developed abilities to adjust to change.
- 5. Innovation.** This refers to being open to novel ideas and approaches. It is being prepared to consider new ways of solving problems, even if that's 'not the way that we've always done it round here'. These people are prepared to see things from other perspectives, taking risks in their thinking.

APPLICATION

> Write down five examples where you can apply the five self-management techniques, one example for each.

RESOURCES

- > More from Dr Natanael Costea: www.eq.org.au
- > Subscribe on [Apple Podcasts](#)
- > Subscribe on [Google Play](#)

CONNECT

- > Facebook: www.facebook.com/eq.org.au
- > Instagram: www.instagram.com/eq.org.au

