

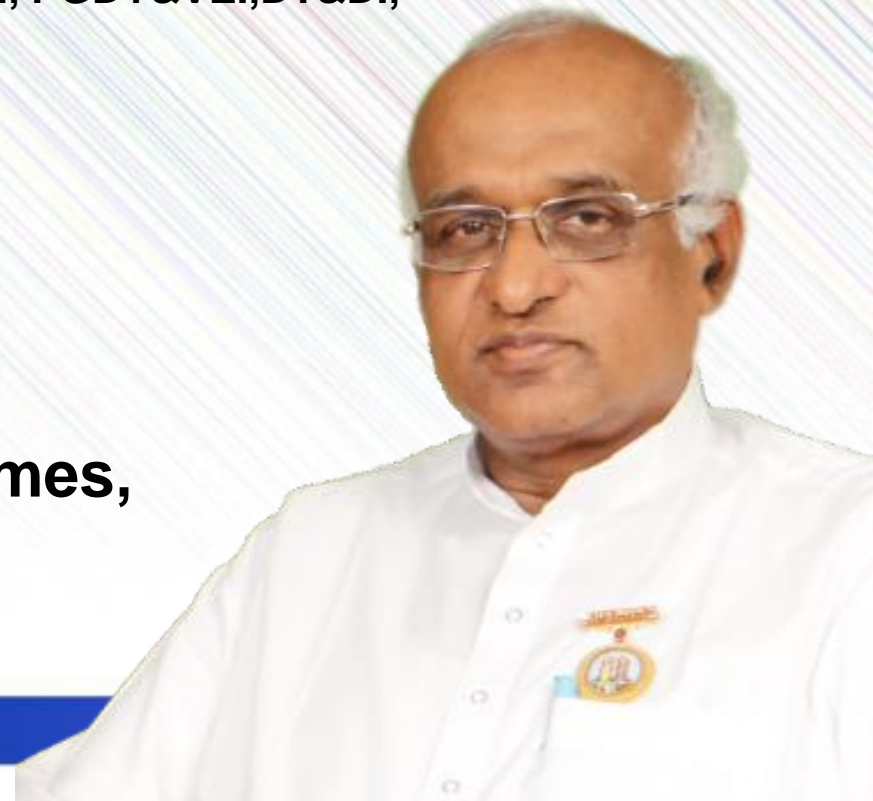


SELF MANAGING LEADERSHIP

Prof. (Dr.) B.K. PANDIAMANI Ph.D.,

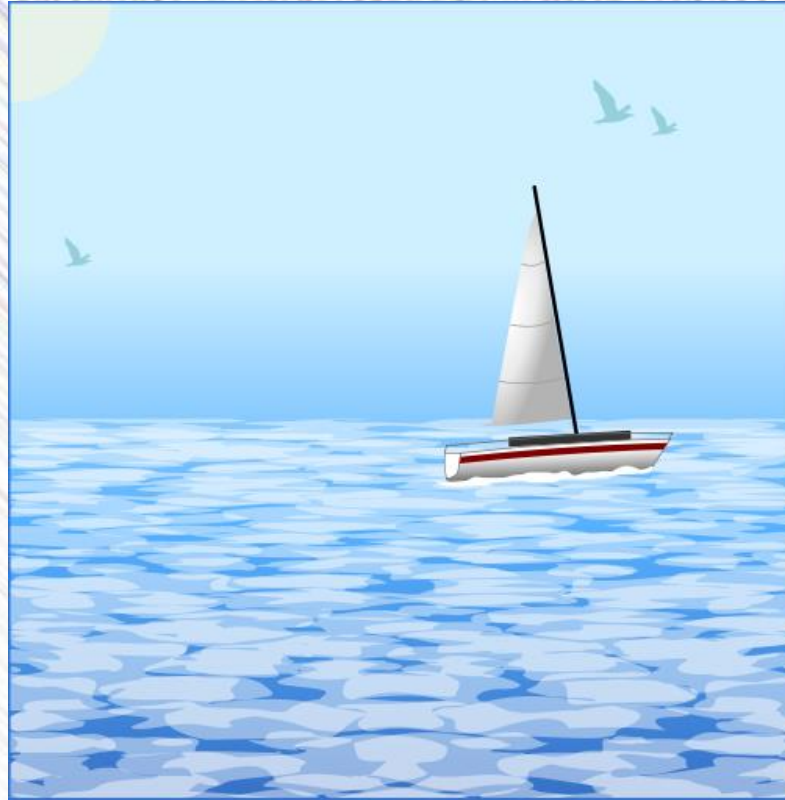
LL.B., B.Sc (Agri)., M.Sc(Agri)., M.Sc(Yoga)., M.Sc(C&PT)., M.Sc (C&SH)., M.Sc(Psy.)., M.Sc(VE&S)., MBA(HRM).,MBA., MBA(SM&CM)., MCA., LL.M., M.S.W., PGDCA., PGDY., PGDHRM., PGDM., PGDVES., PGDYT., PGDVIH, PGDC&SH., PGDG&C., PGDY&VE.,DT&D., DIM., Ph.D. (Yoga)

**Director,
Value Education Programmes,
Brahma Kumaris, HQ. Mt. Abu**





Self Managing Leadership



The wind may blow from any direction, but the direction

in which you go depends on how you set the sails.





SML

Self Managing Leadership

A self-management development course for those who have to lead others through times of accelerating change.



SELF-MANAGING LEADERSHIP

**Getting Your Focus Clear
Mission + Vision + Values**

**A touchstone for all important choices and
decisions in life**





THE SELF MANAGING LEADERSHIP PROGRAMME FOR....

INTEGRATING the different priorities and Responsibilities in your life - Work, Family, Health & Fitness, Community and Personal Self Development;

CLARIFYING your focus in life - Your Personal Purpose, Values and Vision, Life - Goals & Directions;

LEARNING how to focus your mental energies and Develop the will-power necessary to bring about the Changes you want in your behaviour and habits;

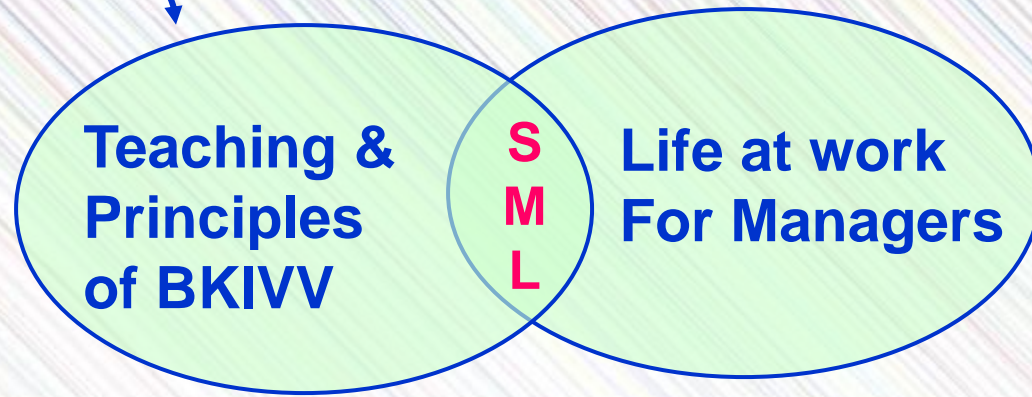
DEVELOPING the authentic communication skills, Clarity and self-esteem necessary to inspire and Empower others.





Where SML 'fits' in an organisational development program

Spiritual Practice

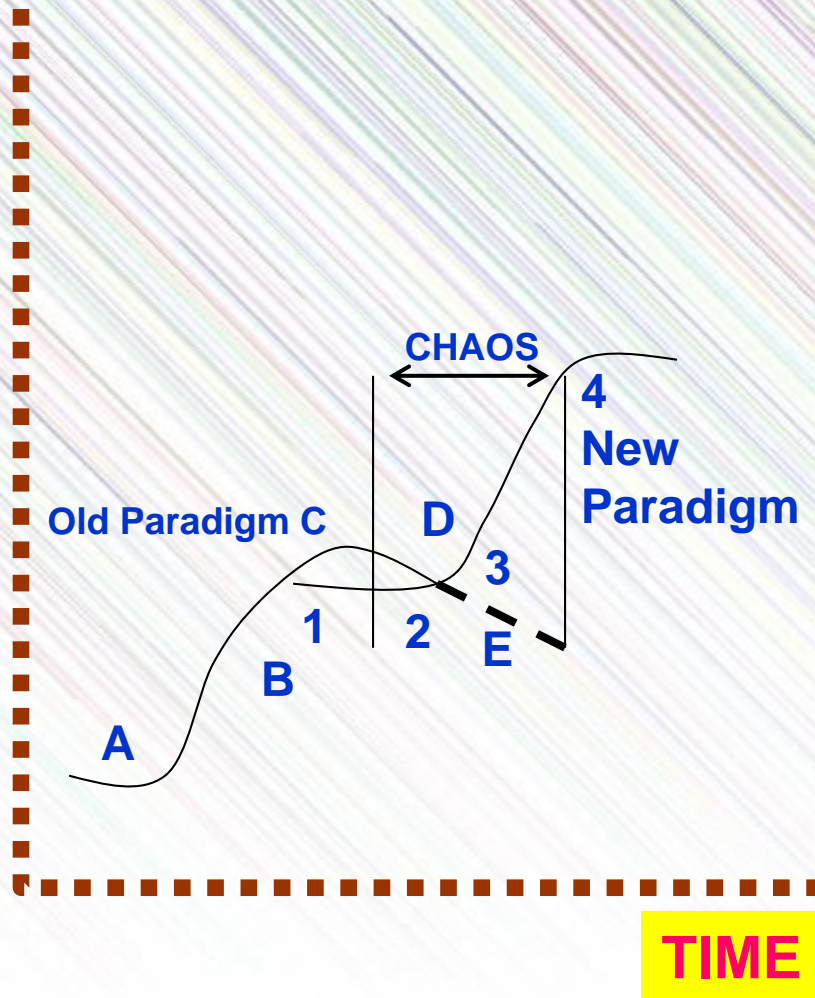


Self Managing Leadership (SML) deals with those aspects of Spiritual Knowledge and Practice which are relevant to 'life at work'





SUCCESS



The Life Cycle

- A) Birth
- B) Growth
- C) Maturity
- D) Decline
- E) Change of Death

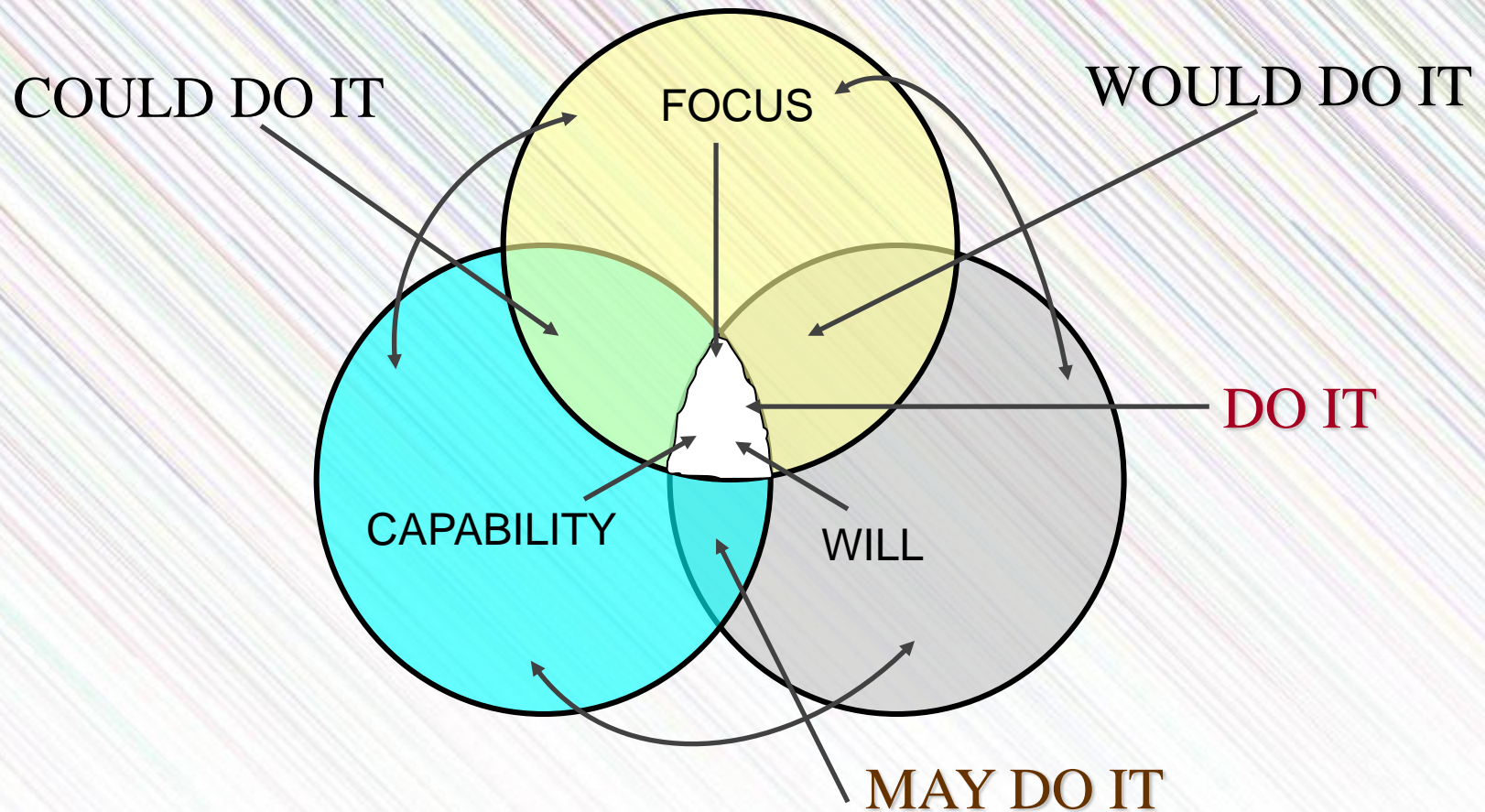
The Transformation Process

- 1) Disenchantment with old paradigm
- 2) Resistance & Chaos
- 3) Breakthrough
- 4) New growth





KEY TO TRANSFORMATION



FOCUS, WILL & CAPABILITY





TO REALIZE ONE'S POTENTIAL

- To become the best version of yourself.
- To expand one's potential in life.
- To become the person you've always wanted to be.
- To be able to put the whole of oneself into one's feelings, one's work, one's beliefs.
- To be a true authentic human being.
- To seek happiness and flourish.





TO SEEK WISDOM

- To expand one's perception of the world.
- To learn/know as many things as possible in life.
- To face our fears and accept the lessons life offers us.
- To find the meaning or purpose of life
- To seek wisdom and to tame the mind, as to avoid suffering caused by ignorance and find happiness.
- To resolve the imbalance of the mind by understanding the nature of reality.



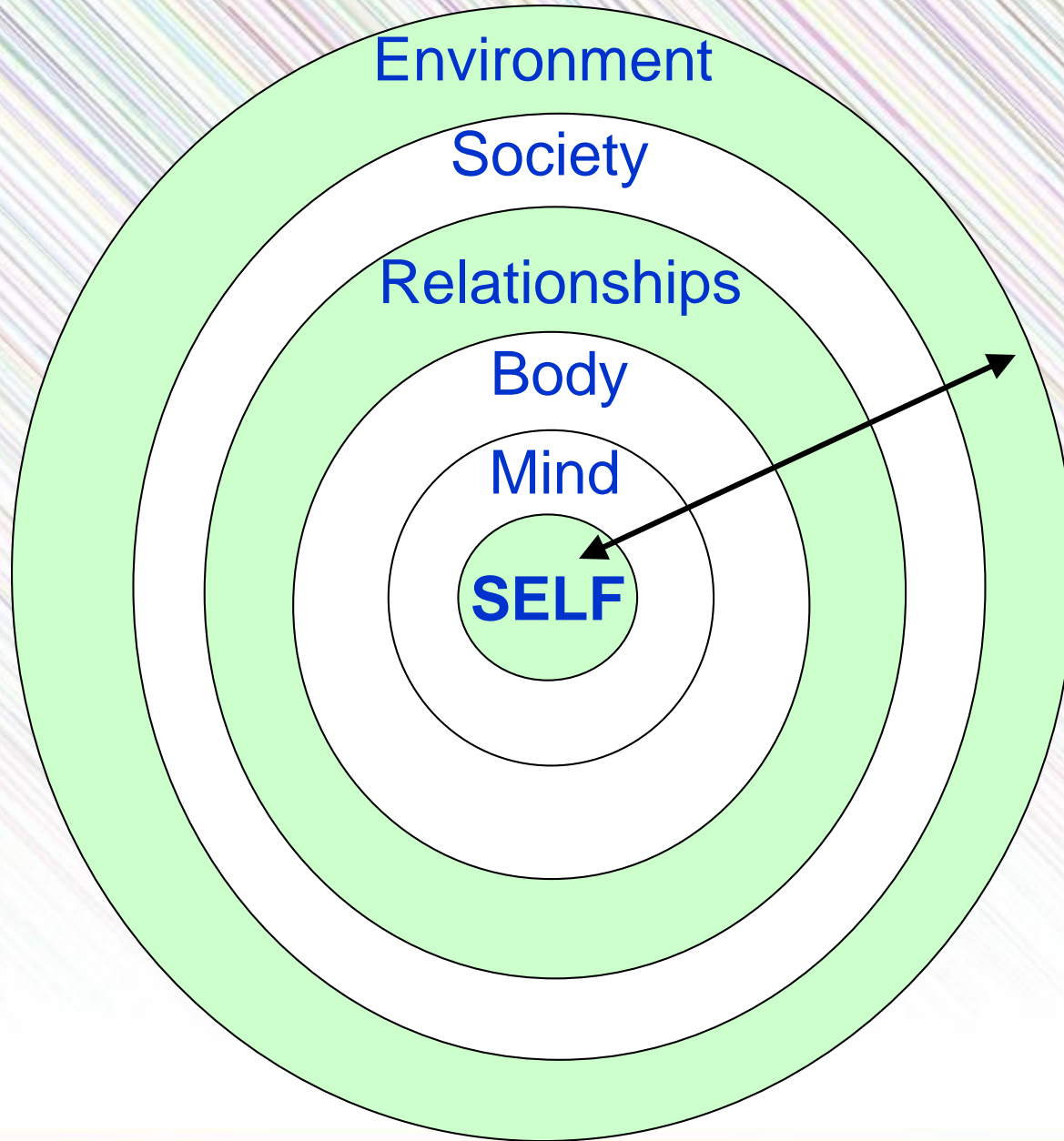


TO DO THE RIGHT THING

- To do your best to leave every situation better than you found it.
- To give more than you take.
- To distribute wealth to benefit others.
- To be generous and contribute to the well-being and spirit of others.
- To be creative, innovative and responsible
- To help others on your journey here, to take every chance to help one another.
- To accept unconditionally and forgive human flaws.



The Self and the World-2





THREE KEY PROPOSITIONS

1. THERE IS NO TURNING BACK

Things will not go back to the stable patterns of the past and we will see a world characterised by,

Global Competition

Revolutionary new technologies

Disruptive Social Transitions

Uncertainty

Increasing Complexity

Accelerating Change



2. WE MUST FIND NEW BEARINGS

The people who will succeed will have a highly developed sense of “Where they are headed & what they stand for.” Old reference points fall away
There is need to find new bearings to steer through the turbulence.

3. DIFFERENT SKILLS ARE REQUIRED

New and different capabilities are required to be effective in this Environment. They are not skills learnt at school. They are self managing skills
Like:-Intuition, Discrimination, Flexibility, Focus, Tolerance, Stillness.





What do we learn from the SML training ?

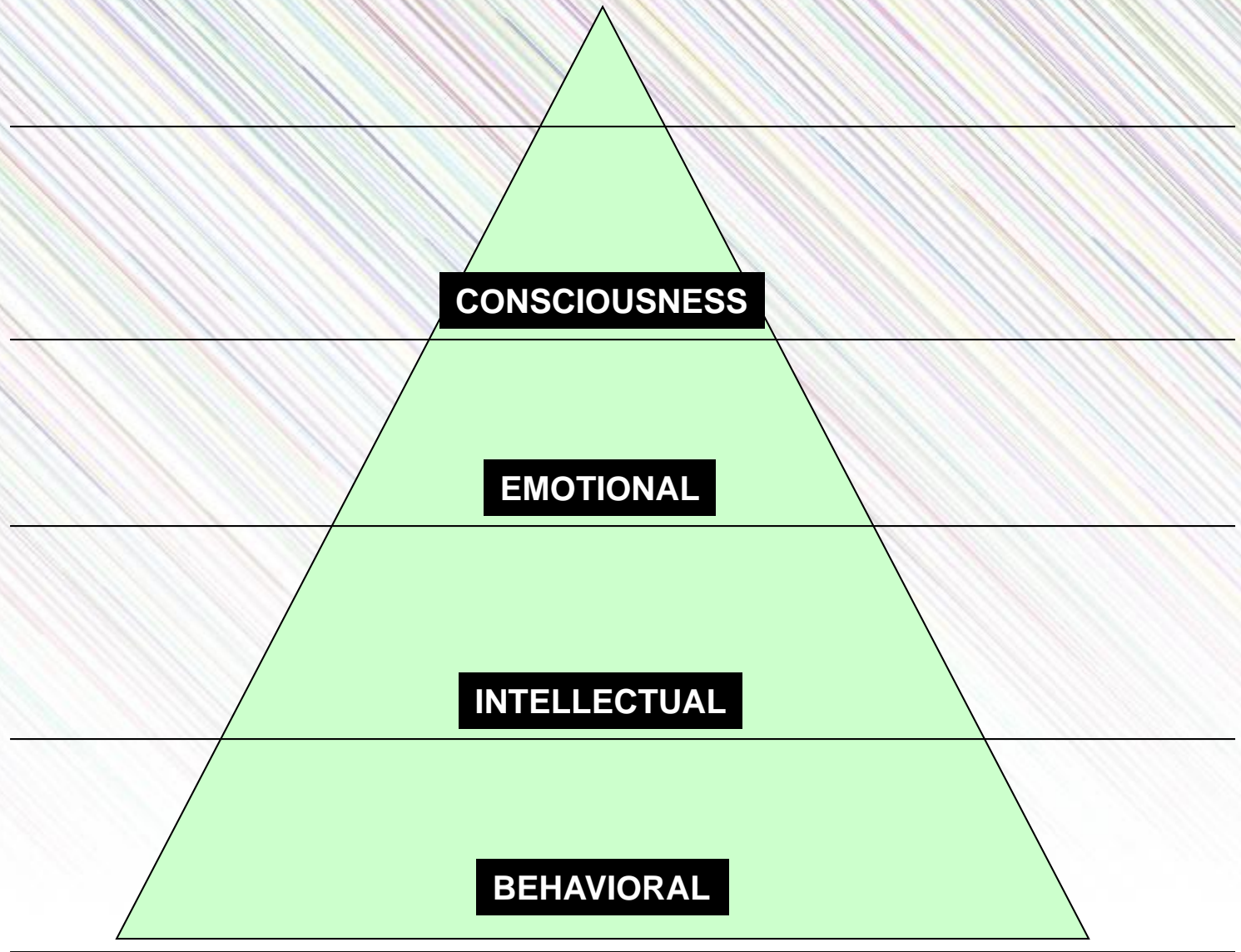
The aims of self-managing Leadership are...

- To learn how to have more control of your own thoughts, feeling and behavior.
- To become a better leader through better self understanding and practical application of spiritual knowledge and principles.
- To take more responsibility for your own life and stop blaming others or circumstances.
- To take more personal responsibility for your “State of mind” and emotions.
- To learn how to communicate better with people.
- To help manage major life changes.

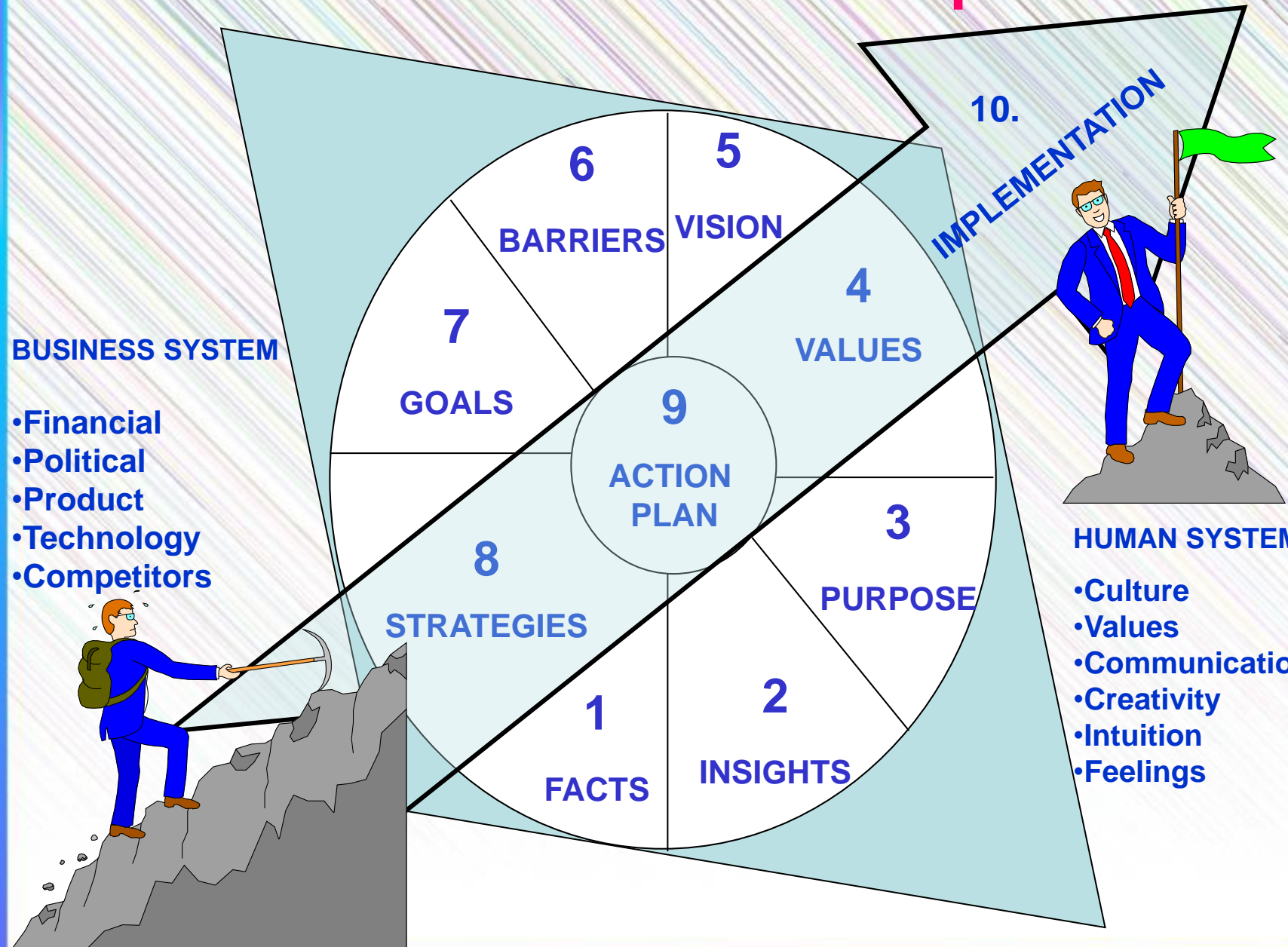




Levels of Change



Transformational Leadership Model





TO ENJOY THE ACT OF LIVING

- 1. To love more to those who mean the most
- 2. To treasure every enjoyable sensation one has.
- 3. To seek beauty in all its forms and have fun or enjoy life.
- 4. To be compassionate and avoid pain
- 5. To love others as best we possibly can.
- 6. To eat, drink, and be merry.(Mindfulness)
- 7. To know and master nature/world





THANK YOU

Om Shanti

