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# **SELF-LEADERSHIP**

Exploring the foundations of leadership to develop and apply the strategies needed for self-efficacy, in the journey of learning to lead oneself before leading others. LIFELONG LEARNIGN AS THE MOTIVATIONAL FORCE

#### LIFELONG LEARNING:

### "The ongoing, voluntary, and self-motivated pursuit of knowledge."

Retrieved from: <u>https://www.trainingzone.co.uk/deliver/training/how-</u> to-build-a-sustainable-learning-strategy

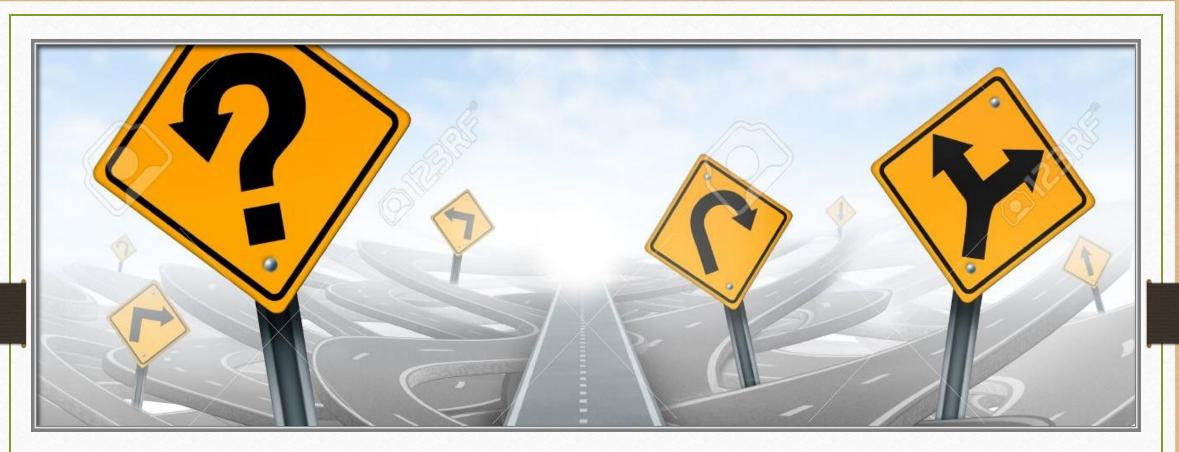
#### KNOWLEDGE

Information that it is used for understanding or doing something, acquired through the mental process of learning, which may occur as a result of different processes, such as *observation*, *reasoning*, *experience*, *and education*, *among others*.

### **INFORMATION LITERACY**

"To be information literate, a person must be able to recognize when information is needed and have the ability to locate, evaluate, and use effectively the needed information."

-Presidential Committee on Information Literacy: Final Report (1989). Retrieved from: <u>http://www.ala.org/acrl/publications/whitepapers/presidential</u>



### The Journey of Self-leadership

Retrieved from: <u>https://www.google.com/search?q=THE+ROADS+OF+LEADERSHIP&sxsrf=ALeKk00OE\_MSBgLT-</u> <u>dGSoKb\_R8swQUD3mQ:1588609300999&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiIx8nozprpAhVRds0KHSWnDWwQ\_AU</u> <u>oAnoECAsQBA&biw=1280&bih=562</u>

## **SELF-LEADERSHIP STRATEGIES**



**1. BEHAVIOR FOCUSED:** Intended to increase an individual's self-awareness to facilitate behavioral management



**2. NATURAL REWARD:** Intended to create situations in which a person motivated or rewarded by inherently enjoyable aspects of the task or activity



**3. CONSTRUCTIVE THOUGHT PATTERNS:** Intended to facilitate the formation of habitual ways of thinking that can positively impact performance.

