

Hello classmates,

This assignment was a struggle for me as I sometimes feel that I both struggle and succeed with most of these leadership skills at one point or another in my nursing career. I look forward to reading everyone's responses to this week's collaboration café.

Self-leadership is a fundamental life skill that enables people to live life with purpose and intent. By cultivating the competencies required to lead oneself, you can achieve optimal capacity and willingness to perform, which is the foundation of maximum job performance. It is the practice of understanding who you are, identifying your desired experiences, and intentionally guiding yourself toward them. It spans the determination of what we do, why, and how we do it. Self-leadership competencies can help us to reach our goals through self-motivation and self-direction. Leadership competencies are usually seen as influencing others to achieve individual or shared goals.

A leader's self-leadership skills can impact those they lead in several ways. For instance, a self-aware leader who understands their strengths and weaknesses is likelier to lead others effectively. A leader who takes initiative, demonstrates self-control under challenging situations, and balances work priorities with personal life will likely inspire and motivate their team members. In contrast, leaders lacking self-leadership skills may need help to inspire and motivate their team members, leading to poor performance and low morale. Therefore, self-leadership is an essential component of leadership competency, and a leader's self-leadership skills can significantly impact those they lead.

One self-leadership skill I struggle with and have room for improvement is self-awareness. Self-awareness is the ability to recognize and understand your own emotions, thoughts, and behaviors. I have a difficult time cultivating confidence in my leadership abilities, and I struggle daily with it. It is the foundation of self-leadership and enables you to identify your values, strengths, personality, talents, skills, and passions. By developing self-awareness, you can better understand your own needs and desires, which can help you set goals and make decisions that align with your values. Additionally, self-awareness can help you identify your biases and limitations, which can help you work more effectively with others. Developing self-awareness can be achieved through reflection, feedback, and self-assessment.

I have identified empathy as one of my strengths in my self-leadership skills. Empathy is an