

Module 1: Leadership

1.3 Self-Concept and Self-Esteem in Leadership



Self-Concept

Self-concept refers to an individual's perception and understanding of themselves, encompassing beliefs about their abilities, qualities, and attributes. It plays a critical role in shaping how leaders see themselves and interact with others.



Self-Esteem

Self-esteem reflects an individual's overall sense of self-worth and confidence. It involves subjective evaluations of one's competence and value, influencing various aspects of life and leadership.

Significance in Leadership:

Leadership Emergence: Studies link high self-esteem to leadership emergence across diverse settings, such as college groups and professional environments. Individuals with high self-esteem are more likely to exhibit leadership traits and assume leadership roles.

Leadership Effectiveness: Research underscores a positive correlation between self-esteem and leadership effectiveness.

Leaders with high self-esteem tend:

- To transmit positivity
- Handle feedback constructively
- Exhibit less defensive behavior.



Influence on Behavior:

Individuals with **high self-esteem** are more likely to accept challenges and **pursue leadership roles**. Conversely, low self-esteem can deter individuals from seeking leadership opportunities and engaging in challenging tasks (Bolat, 2023).

Being a **leader** is more than just having a title or being in charge—it's about inspiring and guiding others towards a common goal.

What is a LEADER?



Vision and purpose

Leaders have a clear vision of what they want to achieve and why it matters. They can articulate this vision in a way that inspires others to share their enthusiasm and commitment.



Communication Skills

Effective leaders are great communicators. They listen, express ideas clearly, and foster open dialogue to build trust and unity.



Empathy and Emotional Intelligence

Leaders empathize with others, using emotional intelligence to manage relationships, resolve conflicts, and motivate their team.



Decision-Making Ability

Leaders make informed, decisive choices, taking calculated risks and learning from outcomes to benefit the team.



Integrity and Accountability

Leaders act with honesty and fairness, adhering to ethical principles. They take responsibility for their actions and set a positive example.



Influence and Inspiration

Leaders inspire others to achieve their best, motivating and empowering individuals and teams to overcome challenges.



Adaptability and Resilience

Leaders remain adaptable and resilient in dynamic environments, learning from setbacks and encouraging innovation.



Courage and Confidence

Leaders challenge the status quo, make tough decisions, and stand up for their beliefs with confidence.



Team Building and Collaboration

Leaders foster collaboration, recognize individual strengths, and promote a sense of belonging and camaraderie.



Commitment to Growth

Leaders invest in personal and team growth, seeking feedback and continuously developing their skills.



1.3.1 Self-esteem activities

Self-esteem activities for adults help build confidence and self-worth. These activities include exercises and habits that stop negative thoughts and encourage self-acceptance. They help adults see their strengths, feel more confident, and improve their mental health. These activities also make personal relationships better and lead to a happier life by creating a positive view of oneself (Jugueta, 2024).

- **Personal Development Courses:** Take courses that focus on personal growth and building self-esteem.
- **Positive Friendships:** Build friendships with positive people who support and uplift you.
- **Developing a Hobby:** Start a hobby that you enjoy, which can boost self-esteem by giving you a sense of achievement and a way to express yourself.
- **Physical Exercise:** Exercise regularly to improve your body image and release endorphins, which boost self-esteem.



· **The Mirror Exercise:** Every night before bed, stand in front of a mirror and appreciate what you accomplished that day. Look deeply into your eyes and hold the gaze for a few seconds. Maintain eye contact with yourself throughout [this exercise](#).

· **Gratitude Journaling:** Keep a gratitude journal to appreciate life's blessings and your personal achievements.

Dairy Gratitude

DATE: _____

S M T W T F S

TODAY I'M GRATEFUL FOR: _____

★ _____

★ _____

★ _____

WATER TRACKER

1L 2L 3L

EXERCISE: YES / NO

What skill/strength that you are the most thankful?

★ _____

★ _____

★ _____

What motivates you to do your best?

★ _____

★ _____

★ _____

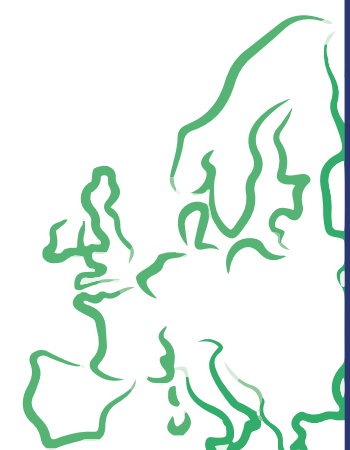
Notes



1.3.2 Fifty Self-esteem Questions

As of 2024, Jugueta listed 50 questions to help improve your self-esteem (Jugueta, 2024):

- 1. What are your top three personal strengths?*
- 2. Can you share a recent achievement that made you proud?*
- 3. How would your loved ones describe your positive qualities?*
- 4. What are three things you like about your physical appearance?*
- 5. What is your favorite personal attribute and why?*
- 6. Can you recall a challenging situation that you handled well?*
- 7. What is your most cherished accomplishment to date?*
- 8. How do you show kindness to yourself?*
- 9. What is your favorite way to practice self-care?*
- 10. What qualities do you admire in your role models, and do you see any of these in yourself?*
- 11. When do you feel most confident and why?*
- 12. What positive feedback have you received recently?*
- 13. How do you positively impact the lives of others?*
- 14. What are three things you do well?*
- 15. What personal growth have you noticed over the past year?*
- 16. How do you handle personal setbacks and what does this say about you?*
- 17. What are you looking forward to in the future?*
- 18. Can you identify a positive change you've made in your life recently?*
- 19. What activities make you lose track of time and why do you think this is?*
- 20. What is one step you can take today to improve your self-esteem?*
- 21. What are some positive affirmations that resonate with you?*
- 22. What is your favorite way to express creativity?*
- 23. How do you practice mindfulness in your daily life?*
- 24. What personal goal are you currently working towards?*



- 25. How does regular physical activity influence your self-esteem?*
- 26. How does volunteering enrich your sense of self?*
- 27. Can you identify a recent situation where you demonstrated assertiveness?*
- 28. What message would you write in a self-love letter to yourself?*
- 29. Can you share a strength that someone else identified in you?*
- 30. What self-improvement book has significantly influenced your self-esteem?*
- 31. What has been your most significant takeaway from a personal development course?*
- 32. How has career counseling enhanced your professional self-esteem?*
- 33. Can you name a friend who positively influences your self-esteem and why?*
- 34. How has seeking therapeutic support improved your self-esteem?*
- 35. What steps have you taken to cultivate a more positive self-image?*
- 36. Can you share a time when you overcame a personal fear?*
- 37. How have you grown from a past failure or setback?*
- 38. What skill or talent are you most proud of?*
- 39. What positive changes have you noticed in your self-esteem over time?*
- 40. How do you handle self-criticism and negative self-talk?*
- 41. What is one thing you could do today to boost your self-esteem?*
- 42. How do you maintain balance and positivity in your life?*
- 43. What is a dream or goal that you have achieved?*
- 44. How do you show resilience in the face of adversity?*
- 45. Can you share an experience where you stood up for yourself or your beliefs?*
- 46. What is a self-care activity that always makes you feel better?*
- 47. How do you motivate yourself in difficult times?*
- 48. Can you share a recent experience where you felt genuinely happy and content?*
- 49. What self-esteem activity has been most beneficial for you?*
- 50. How do you plan to continue improving your self-esteem in the future?*

