

Self-leadership as an Impetus for Individual, Group or Community Development

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Abstract

The concept "self-leadership" is an outgrowth of the broader term "leadership" whose purpose is to motivate others in utilizing their individual self-motivation abilities towards fulfilling both their personal and organizational or communal goals. Self-leadership (Gordon, 2002; Gordon Bar, 2013) is defined as a process in which the individual:

- · Designs his/her personal goal while connecting to his internal beliefs and values.
- · Strengthens trust in his/her own abilities to reach the goal(self-efficacy);
- · Plans, practices and substantiates his/her ability to reach the goal while he/she; Makes use of his/her internal and external resources & Learns from experience, perseveres, despite setbacks, until his/her goal is achieved.

Self-leadership is founded on the basis of a connection between two main concepts: self-efficacy (Bandura, 1977) and self-management. Self-efficacy refers to the extent to which a person regards himself or herself as being capable of reaching and actualizing his/her goals. Self-management refers to what level a person makes use of his/her internal and external resources in order to accomplish set goals and then maintain that accomplishment over time.

The applications of self-leadership enable groups and communities to integrate personal goals with community goals and thereby ensure flourishing, while taking into account all of the involved human complexities in an ever changing environment. A short term intervention of the self-leadership approach will be presented in the workshop, based on the Systems Coaching Model, which has long term effects on the ability of people to realize their goals and improve their quality of life.

In the workshop, the results of a research study, carried out among a population of single mothers, B.A. students, will be presented. The study examined the effectiveness of the intervention based on the Systems Coaching Model as a prelude to self-leadership.

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