

The Art Of Self-Leadership - Results Of A Recent Survey

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Only someone who is able to lead himself should be allowed to lead others – this is my motto, which is based on more than twenty years of experience as an independent consultant and executive coach for a wide range of organizations.

Self-Leadership is a relevant topic for managers and leaders of every level. Although there are numerous related articles and books on this subject, there is still a lack of self-leadership in private and public organizations.

In a row of interviews, conducted in 2008 with more than fifty select and successful leaders, I could find out which instruments, methods, and mind-sets they really use in their day-to-day life for leading themselves.

The interviews have shown that those leaders who are using and integrating creative methods into their personal self-leadership are much more effective.

It turns out that successful Self-Leadership has a lot in common with skills, abilities, and mindsets of artists. The Art Of Self-Leadership, as I like to call it, unfolds in seven fields:

1. Mission / Vision
2. Mind, Body & Soul
3. Abilities & Self-Development
4. Partners, Co-Workers & Networks
5. Processes & Structures
6. Projects & Products
7. Outcome / Additional Value

Based on the findings from the interviews, a curriculum for Self-Development will be created in the coming year with the aim of fostering a new understanding of leadership in organizations (the program is called *leadership development 21* or *LD 21*).