



Funded by
the European Union

Enhancement of entrepreneurship skills among women to provide gender equality and employability for citizens of Uzbekistan. (EMPOWER)

Project Number: 101129076 —
EMPOWER—ERASMUS-EDU-2023-CBHE



Training for Trainers, Varna, November 2024

Self-Leadership and Empowerment for Personal Growth

Ireene Leoncio



TECHNISCHE
UNIVERSITÄT
DRESDEN

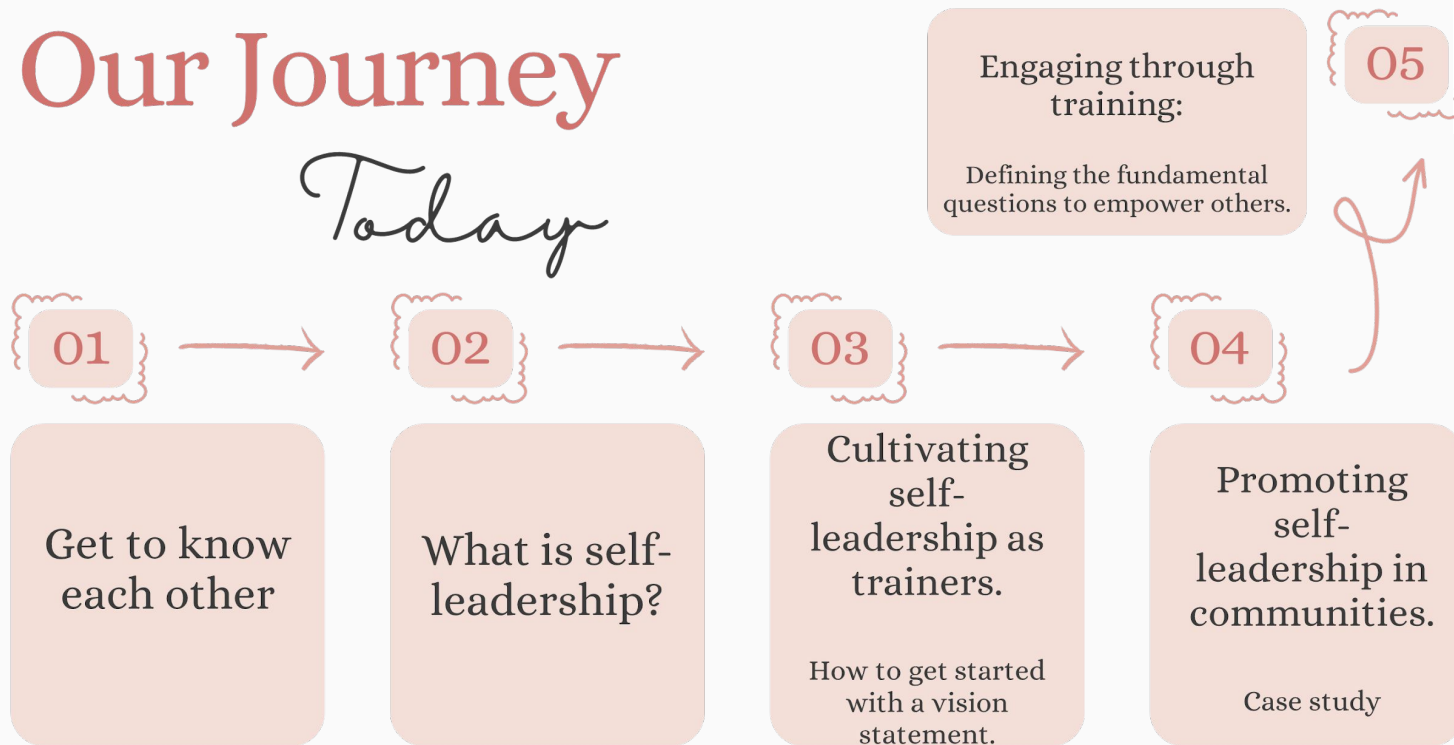


"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be."



Our Journey

Today





Funded by
the European Union



Ireene Leoncio

Lecturer at Varna University of Management



- With a background in both academia and corporate marketing.
- Worked for major brands in Unilever and Nestlé.
Launched innovations aimed at budget-conscious consumers in rural areas.
Led marketing efforts for infant nutrition products to combat iron deficiency in babies.
- PhD scholar at Kent Business School (UK) and Master's from Georgetown University (US)
Research focuses on addressing the ethical implications of marketing practices to women.
Seeks to explore whether marketing has led to unattainable beauty standards and how businesses can take responsibility for these distortions to improve societal well-being.
- Engages with students and communities as a professor in Manila, bringing her global experiences back to the Philippines.

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be."



Funded by
the European Union



Activity

List 2-3 traits of what makes a great leader.
Write it down. One trait per post-it.

—

Come to the front.
Tell us your name.
Post and share what you have written.

*"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union.
Neither the European Union nor the granting authority can be."*



Fundamental Skills of Effective Leaders

Center of Rural Affairs | cfra.org

Interpersonal Skills **01**

The ability to interact with others in a positive way.

Self-Management **02**

The ability to control self under stress.

Personal Accountability **03**

The ability to answer for personal actions.

Influencing Others **04**

The ability to personally affect other's actions, decisions, opinions or thinking.

Goal Achievement **05**

The over-all ability to set, pursue and attain achievable goals regardless of obstacles and circumstances.

Leaders are the life-blood of small towns and rural communities. The success or failure of community development efforts often rests with the degree of leadership local citizens are willing to provide.



The Mirror Test

Interpersonal Skills ⁰¹

The ability to interact with others in a positive way.

Self-Management ⁰²

The ability to control self under stress.

Personal Accountability ⁰³

The ability to answer for personal actions.

Influencing Others ⁰⁴

The ability to personally affect other's actions, decisions, opinions or thinking.

Goal Achievement ⁰⁵

The over-all ability to set, pursue and attain achievable goals regardless of obstacles and circumstances.



Do you see these traits in yourself?

Which ones are your strengths?

Which ones are your weaknesses?

-Write it down on your journal-



Funded by
the European Union



“You cannot lead others until you first lead yourself.” You can lead yourself at your best only if you invest in yourself first.”

John C. Maxwell

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be."



Funded by
the European Union



Self

Leadership

A comprehensive self-influence perspective that concerns **leading oneself** toward performance of naturally motivating tasks as well as managing oneself to do work that must be done but is not naturally motivating.

Manz

Self-regulation theory also suggests that when faced with problems and discrepancies in progressing toward goal attainment, those individuals who are **confident or hopeful**, tend to persist or even increase their efforts.

Carver and Scheier

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be."

“Life isn’t about waiting for the storm
to pass...It’s about learning to dance
in the rain.”

Vivian Greene



Funded by
the European Union



"Always remember you are braver than
you believe, stronger than you seem, and
smarter than you think."

Christopher Robin

*"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union.
Neither the European Union nor the granting authority can be."*



Funded by
the European Union

Your Vision Statement as a Trainer

**What does the world look like
if we (the community) succeed?**



“...creating and sustaining
the conditions that enable
all Harvard College
students to experience an
unparalleled educational
journey that is
intellectually, socially, and
personally transformative.”

college.harvard.edu



"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be."



Funded by
the European Union



Activity

Vision Planner

My grand vision for my community is...

This vision matters in my life
because...

I can make this vision happen by doing
these...

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be."



Funded by
the European Union

CASESTDY



[HOME](#)

[PROGRAMS](#) ▾

[ABOUT](#) ▾

THE SISTERHOOD

INDONESIA

[SUPPORT](#) ▾

[MEDIA](#) ▾



WELCOME TO THE SISTERHOOD

[BECOME A MEMBER](#)

[VOLUNTEER](#)

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be."



Funded by
the European Union



WATCH



What is
most
memorable
for you?

-Write it down on your
journal-

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be."



Funded by
the European Union



The Power of Sisterhood

“They are trying to figure out what they can do tomorrow.”



“Chance to learn something... skills is giving them encouragement.”

“Take responsibility of their life without waiting for someone else.”

“A place for sharing problems together.”

“To collaborate with other refugee women.. to build a network.”

“The need to feel that someone is caring for them.”



“Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be.”



Funded by
the European Union



Engaging *our* Community for Personal Leadership

Help them identify:

- Strengths that they can share to others
 - Struggles they share with others

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be."



Funded by
the European Union



Thank You for Your Attention!



VARNA
UNIVERSITY OF
MANAGEMENT

Ireene Leoncio
Ireene.leoncio@vum.bg

www.vum.bg



KEEP
CALM
AND ENJOY
ERASMUS
PLUS

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union. Neither the European Union nor the granting authority can be."