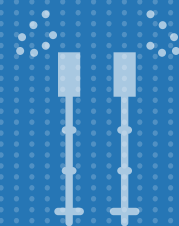
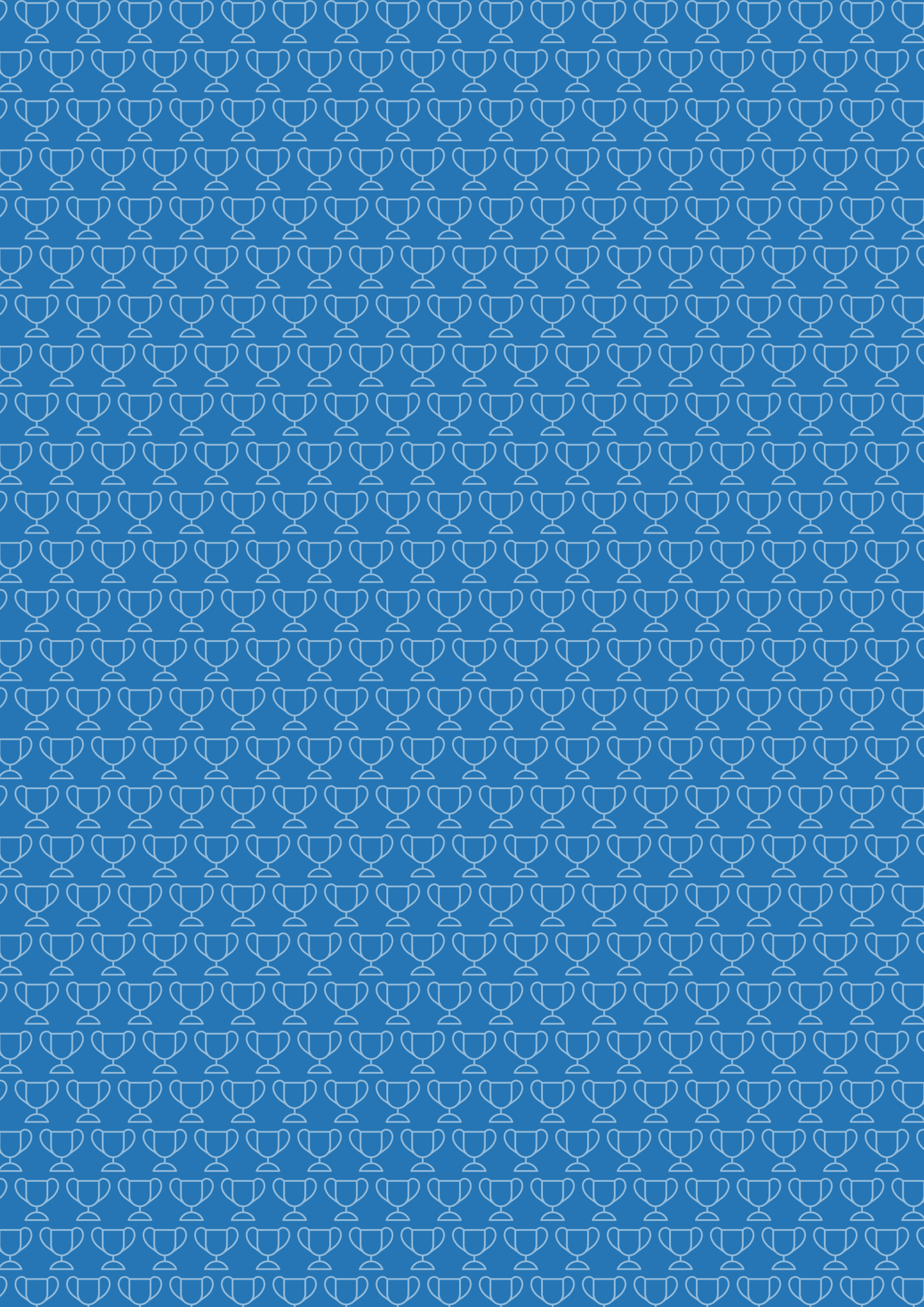


# Self Development Guide Leading Self

*Getting Started*





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This is a practical series of guides for **Team Members or Individual Contributors** to help you develop your leadership effectiveness. It provides tips, suggestions and resources and should inform your development conversations with your Manager.

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●  
The Leadership Framework for Sport and Recreation  
in Aotearoa New Zealand

-  
“Developed by the sector for the sector”





## Structure of this series of guides

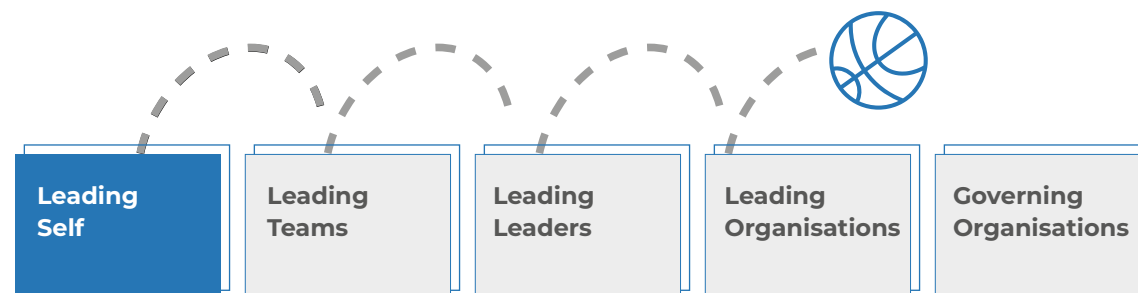
This series of guides consists of the following 6 modules:

- ..... **Getting Started**
- ..... **Module 1: Purpose - Kaupapa**
- ..... **Module 2: Culture - Tikanga**
- ..... **Module 3: Deliver - Kawenga**
- ..... **Module 4: Collaborate**
- ..... **Module 5: Navigate Complexity**
- ..... **Module 6: Bringing it Together**

# Overview

This series of guides has been designed for you as a team member operating at a 'Leading Self' context. You have a key role in how effectively your organisation implements and delivers on its strategy so we hope you place importance on your own development. The more you learn and develop, the more impactful you are within the organisation. This series of guides consists of 6 modules and is designed to be self directed and self-paced. You may choose to work through each of these modules over the course of 12 months in multiple short sittings, or over the course of 3 months in longer sittings – it is completely up to you.

At the end of this process you will be expected to commit to some key actions in developing your skills and behaviours, and to share these development goals with your line manager.



\*While everybody working and volunteering in sport and recreation has leadership responsibility, the context of the role will determine the nature and extent of those leadership responsibilities. This guide is designed for a **Leading Self** context.

## Each module has 3 activities:



### Ideas and inspiration

-  
To get you thinking



### Reflection questions

-  
To help gain clarity, purpose & meaning



### Practical ideas and suggestions

-  
To help you take the right actions

**Please Note:** There are links to YouTube videos and magazine articles in this workbooks. Sometimes these links can change if the host moves the location in the website. If a link does not work, please use the description to search online.



# Why

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## Self Development?

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Self-Development is all about positive change and this guide is a practical resource to help you build on your leadership effectiveness by:

- 01** Becoming aware of areas where you may need to change.
- 02** Applying simple changes to be more effective.

The place to start for both these steps is self-reflection – reflection is a critical step in effective leadership but is often overlooked in the busyness of our lives.

# Why

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## Reflection?

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Gaining wisdom from an experience requires reflection. Reflection requires you to take the time to deeply understand events, your reactions to them and what learning you can take from such events. Each module will prompt you to consider how your current behaviours and actions align with the Leadership Framework for Sport and Recreation in Aotearoa New Zealand, and then provide suggestions on how to develop and build on them.

It is anticipated that you will share your reflections with your line manager. Your line manager will work through an accompanying Leadership guide called **Developing Others Leading Self** which has been designed to give your line manager a number of questions to deepen your reflections and learning.

## THE LEADERSHIP MAP FOR LEADING SELF

The Leadership Framework for Sport and Recreation in Aotearoa NZ focuses on practical aspects of leadership for both paid and voluntary roles and aims to guide, grow and inspire leaders for ever-improving community outcomes. The Leadership Map identifies the different contexts (or levels) leaders work in and outlines the unique tasks, focus and responsibilities for that particular context.

For more information on the leadership framework go to [www. https://sportnz.org.nz/managing-sport/search-for-a-resource/search](https://sportnz.org.nz/managing-sport/search-for-a-resource/search)

## Leadership map for Leading Self

