

# Self Management



Knowing others is intelligence;  
knowing yourself is true wisdom.

Mastering others is strength;  
mastering yourself is true power.

([Tao Te Ching](#), 33, tr. S. Mitchell)

# Self Management

## Mood Management

- Ability to use awareness of the emotions

## Managing Time, Energy and work

- To actively choose what to say and do

## Avoid unwanted addictive behaviour

- Develop increased capacity to respond to emotions effectively

# Self Management

**“It is easy to live your life like a leaf in the fall wind,  
moving in whatever direction the wind blows that day.**

**To create a great life, you must live more intentionally,  
deliberately and passionately so that you live on  
your own terms rather than on some one else’s” John C Maxwell**



# Self Management



# Self Management

**Impulse  
control**

**Discipline**

**Postponing  
pleasure**

**Continuous  
improvement**

**Small Steps**

**Focus**

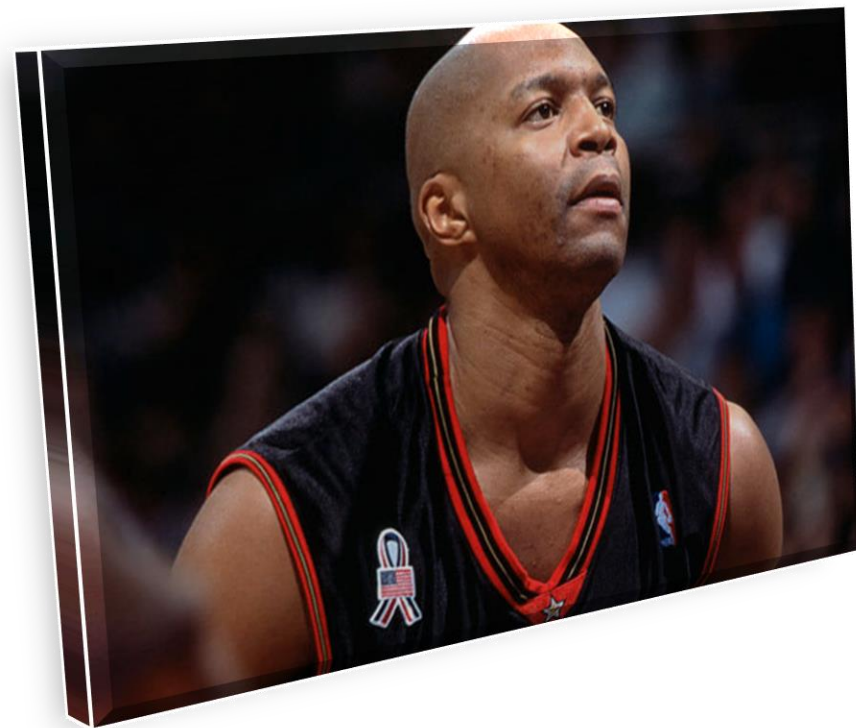
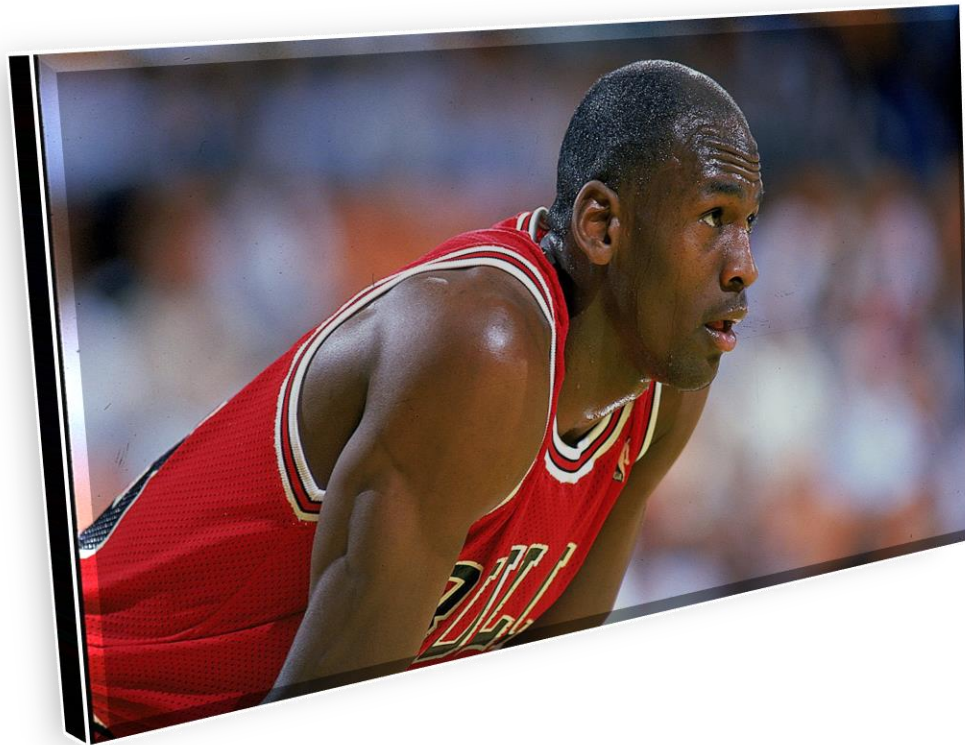
**Systematic**

**Money  
Management**

**Cleanliness**



# Michael Jordan and Deric Coleman



# 'Mastery' by Robert Greene

Mastery is not a function of genius or talent. It is a function of time and intense focus applied to a particular field of knowledge.

Robert Greene

quoteancy



# Social Awareness - Empathy



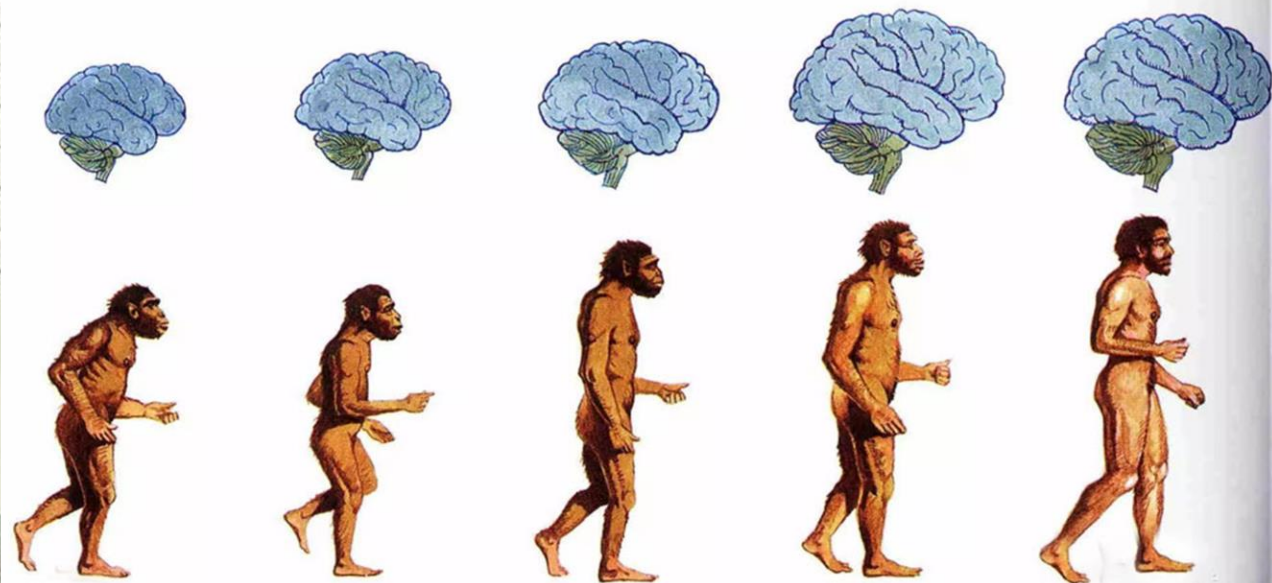
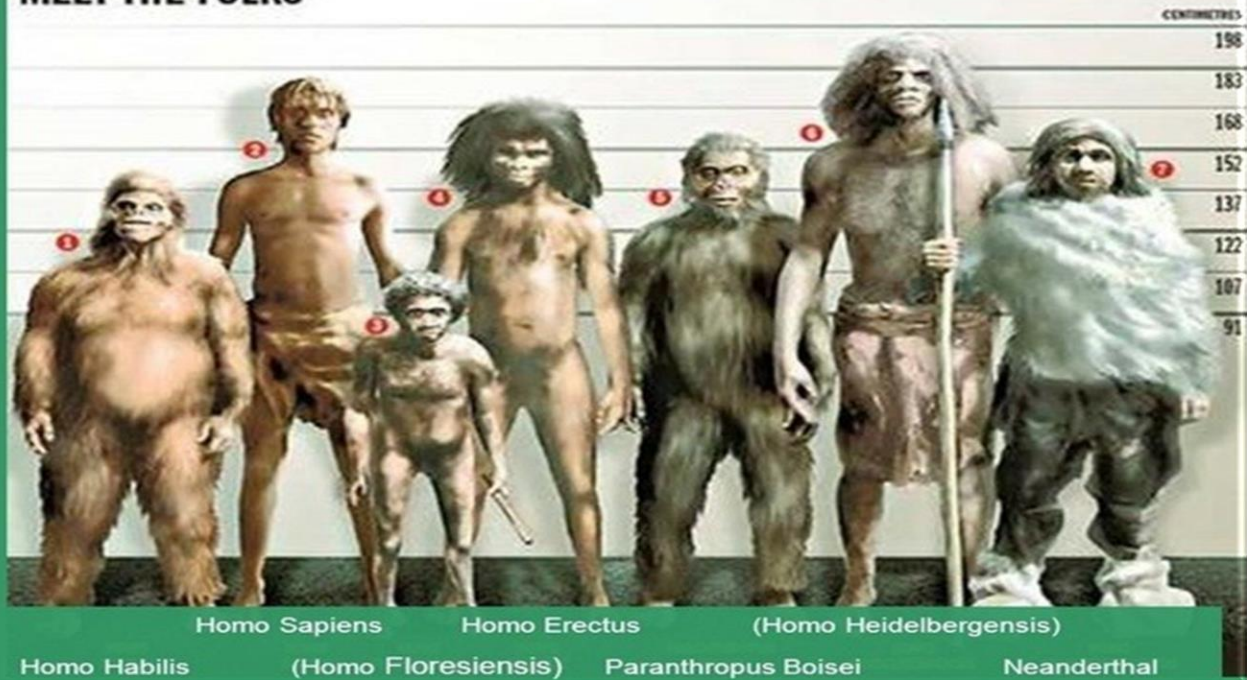
Empathy and social skills are social intelligence, the interpersonal part of emotional intelligence. That's why they look alike.

— Daniel Goleman —

AZ QUOTES

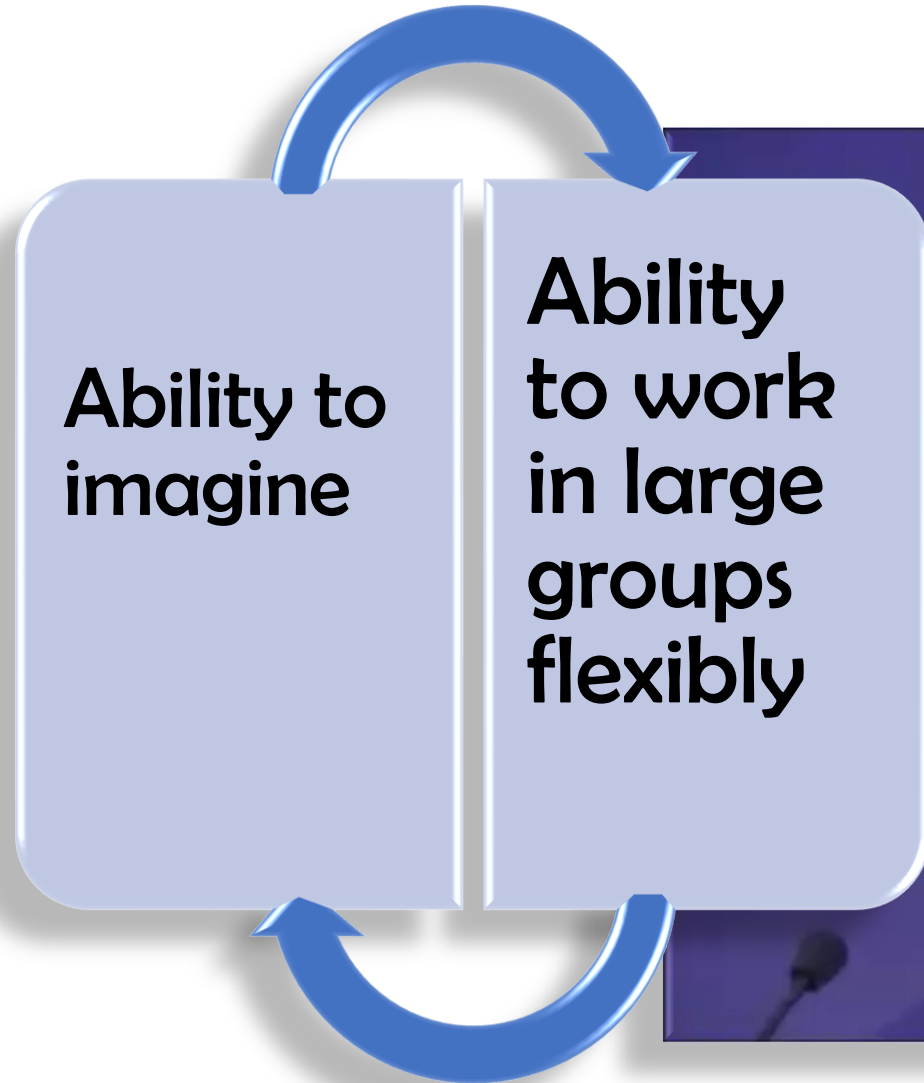


## MEET THE FOLKS





# How did we do it?



## Won Over

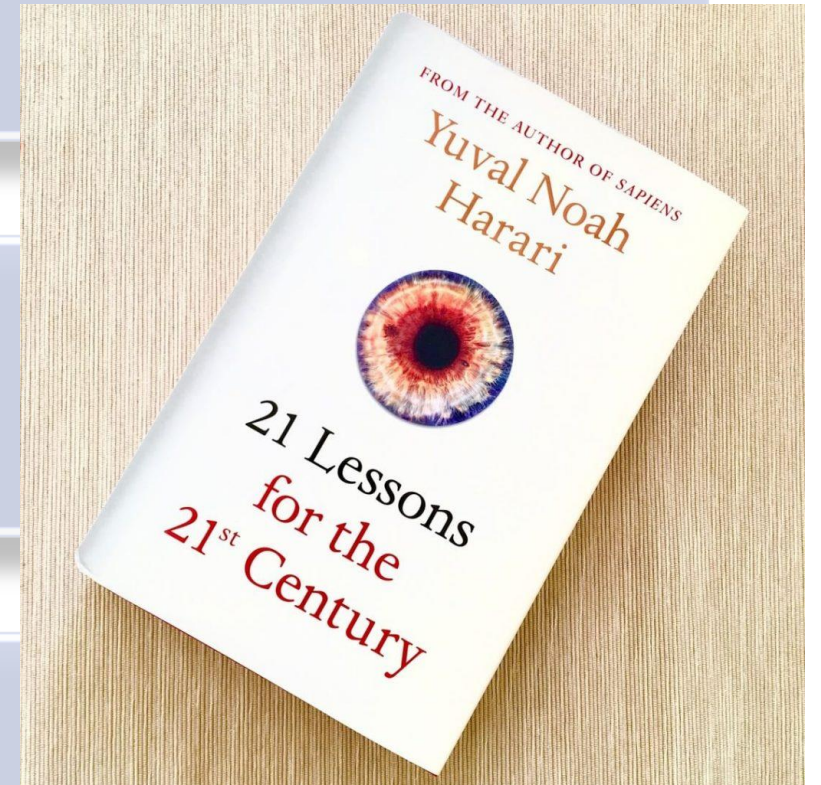
- **Famine**
- **Plague**
- **War**

## Challenges

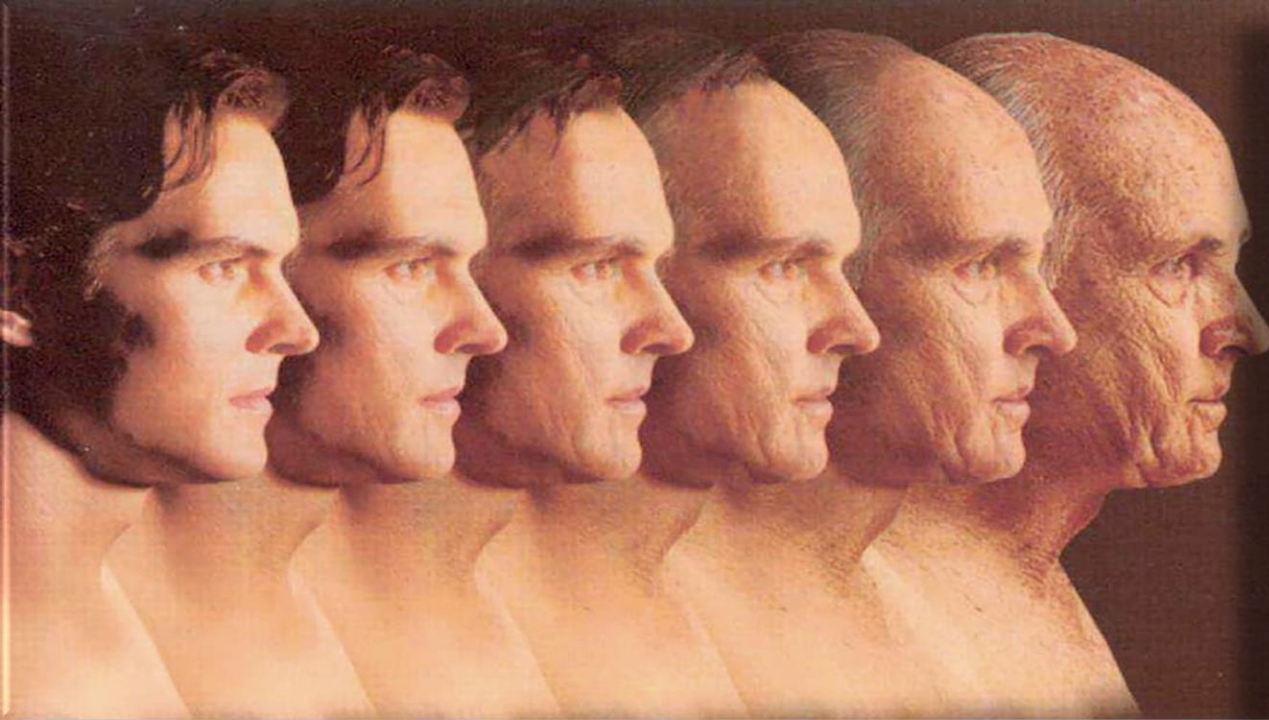
- **Climate Change**
- **Nuclear War**
- **AI & BT**

## Humanism /Feelings

- **Voter knows best**
- **Customer is right**
- **Beauty by beholder**





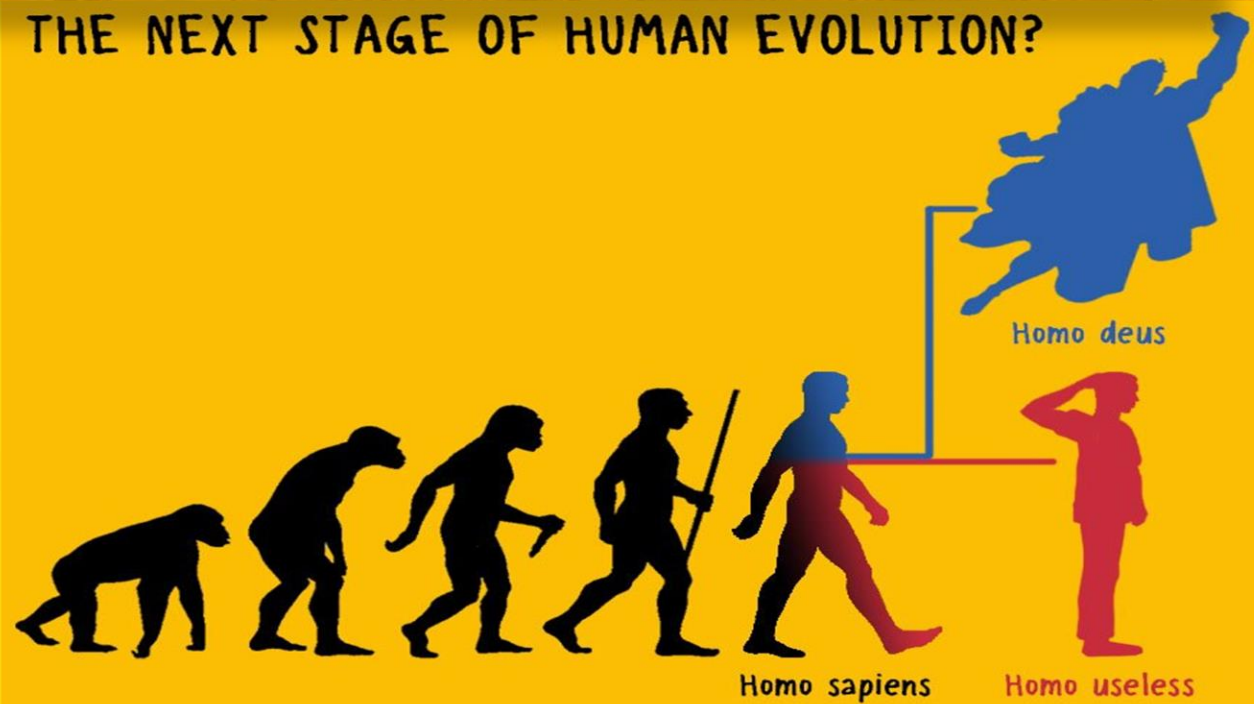


Homo Deus – A Brief History of Tomorrow  
Yuval Noah Harari

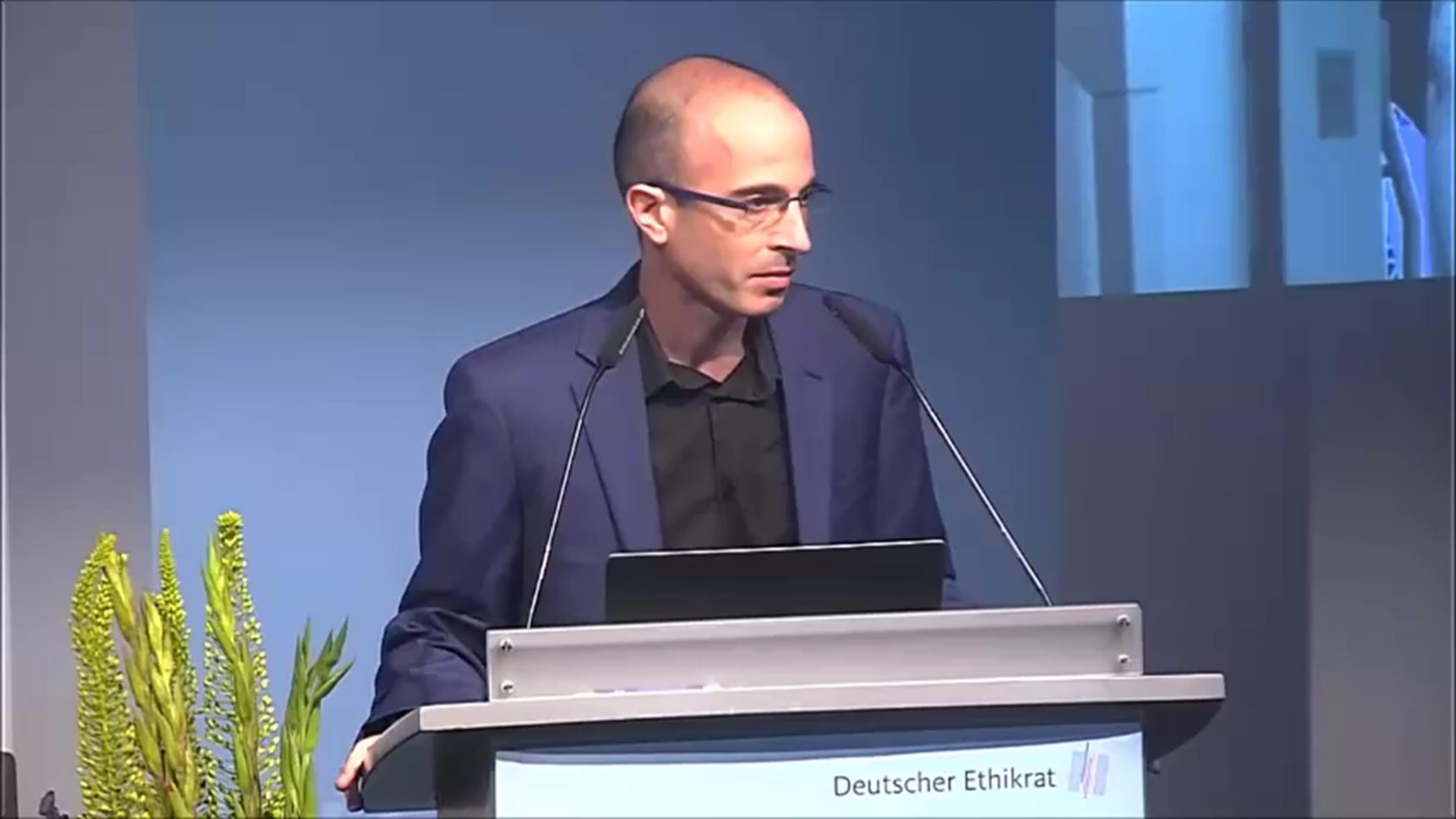


Book review/summary by Eddy J. Schuermans

## THE NEXT STAGE OF HUMAN EVOLUTION?







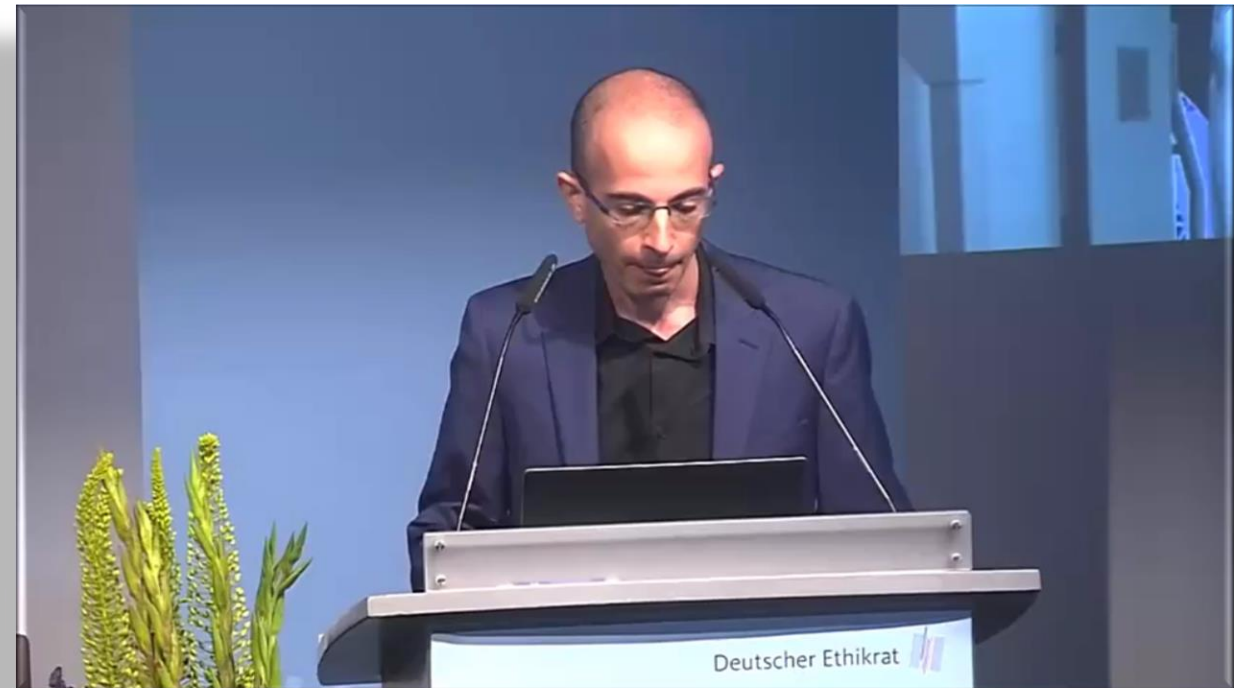
Deutscher Ethikrat

Information  
Technology

Bio  
Technology

Feelings  
and  
emotions

- Computed
- Hacked
- Manipulated



# What shall we do? Leverage our basic skills !

