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College of Informatics and Computing Sciences

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Service Culture

ITSM 3201

CASE STUDY: LEADERSHIP CROSSROADS

How do self-awareness and self-regulation help me develop leadership competencies?

Self-awareness and self-regulation contribute greatly to shaping my leadership skills because I know my behavior and personality. With self-awareness, I, as an individual, understand what my strengths, weaknesses, and abilities are. It helps me to realize what areas and aspects of my life need improvement through self-realization that I can use to aspire to other people who are also struggling to know their true selves. Meanwhile, through self-regulation, I was able to handle my emotions and behavior in any situation in an effective way that is necessary when you are a leader because it shows maturity and emotional intelligence. A leader must treat everyone fairly and not jump to conclusions based on emotion because we often regret our decisions made from irrational thinking and this has consequences and effects to people around us.

What's in it for me? (WIIFM)

For me, understanding self-awareness and self-regulation allow us to build a strong foundation of knowing ourselves and discovering who we really are. It helps us to improve our ability to have personal growth and enable ourselves to engage with people in the world with a meaningful purpose and intentions. It leads the way for us to be a better person that can serve as a role model for other people who are using both emotions and mind when making decisions.

BASED ON THE CASE STUDY PRESENTED:

How can self-awareness and self-regulation help me go about developing my leadership potentials?

Self-awareness and self-regulation allow us to make informed decisions and improve our way of leading others. Also, it allows us to control our emotions, impulses, and behaviors, enabling us to remain calm and composed in challenging situations, make rational decisions, and effectively manage conflicts through gathering facts and evidence without making false



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assumptions that could definitely make the situation worse. We should be able to communicate with teams pointing out the behaviors, attitudes and wrongdoings that should be corrected, in that way we can develop our leadership potentials.

What are performance pitfalls or behavior I should be watching out for?

The performance pitfalls and behaviors I should be watching out for are lack of self-awareness and lack of self-regulation since these two aspects are very important and this is where our actions and decisions were shaped. We need to analyze what behaviors and characteristics we possess that need improvement based on how we approach situations. Not being able to understand your weaknesses can actually lead to blind spots which eventually result in poor decision making, wrong judgements, worsening of behaviors, and conflicts with other people.

Why are self-awareness and self-regulation considered desirable competencies?

Self-awareness and self-regulation are considered desirable competencies since it forms the foundation of our emotion and it is vital in our personal and professional growth either as an individual or a leader. Self-awareness enables us to be conscious about ourselves such as understanding our behavior, principles, values, and emotions that develops an important role in making decisions, effective communication, and strong relationships with others. On the other hand, self-regulation allows us to manage our emotions and behaviors whenever we encounter a challenging situation, we find ways on how we can improve our behavior in a positive way which is very important especially when we are dealing with others. It helps us to think rationally without letting our instincts and emotion take over us which certainly leads us to be fair, honest, and a good leader.