

Lidia Rauramo

[Lidia.rauramo@gmail.com](mailto:Lidia.rauramo@gmail.com)

+358(0)451349229

<https://www.linkedin.com/in/lidia-rauramo/>

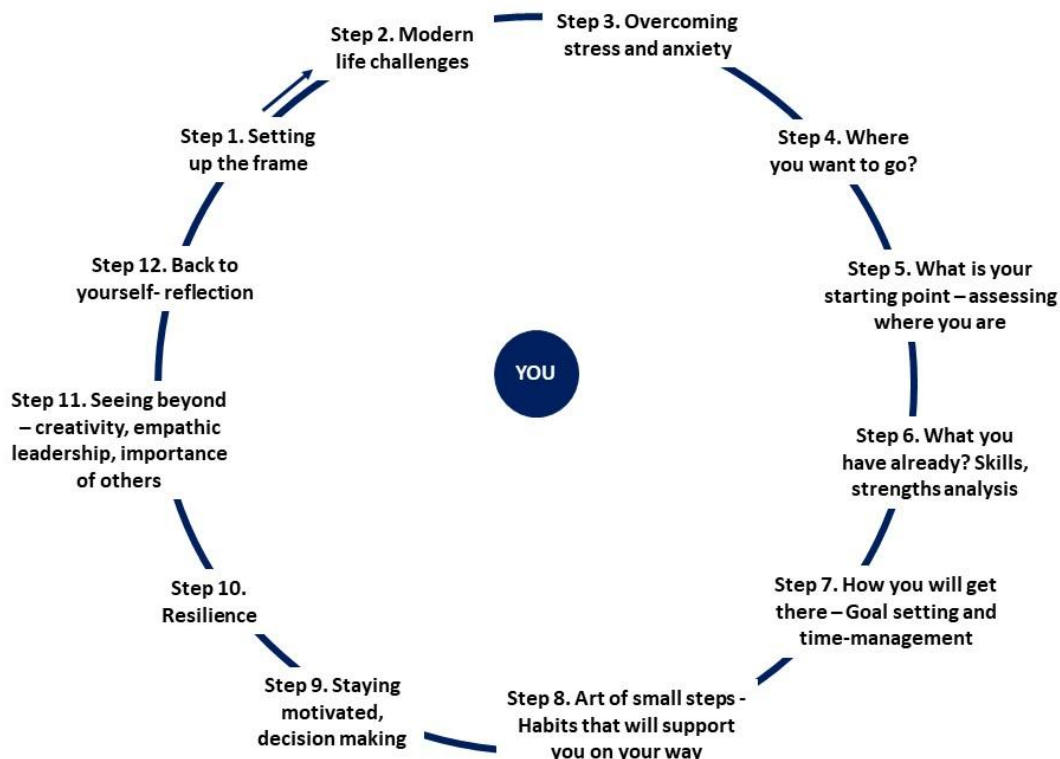
## Self-Leadership methodology

### Overview

“Self-leadership” is a hands-on self-development and well-being program that creates a framework for personal growth and provides a toolkit for time management, personal well-being, and working smarter, not harder. The goal is to support participants in developing the emotional endurance and resilience needed to pursue personal goals, achieve success, and manage challenges, overcoming the widespread epidemic of stress and anxiety of the present-day society. The program is built in accordance with the Inner Development Goals framework, with the human sustainability model in its core.

The main topics of the program include self-awareness and connection to self, long-term orientation and visioning, presence, time management, mindset flexibility, empathy and compassion, including self-compassion. and resilience. The program is highly practical and focused on exploring a library of tools suited for different circumstances and needs.

The Self-leadership program derive from the Good Life Engine course at Aalto University (<https://avp.aalto.fi/avp-program/good-life-engine/>).



*Representation of the teaching framework for “Self-Leadership” by teacher-in-charge Lidia Rauramo.*

## **Learning outcomes**

During the Self-Leadership program, participants learn to (based on the Bloom’s taxonomy):

- Understand how to gain a study/work-life balance while progressing towards strategic goals;
- Learn one’s values motivating factors;
- Apply goal-setting methods and time management tools in the context of strategic life goals;
- Understand the meaning of resilience and apply tools to create healthy habits and tackle anxiety and procrastination;
- Learn and practice coaching;
- Distinguish and develop qualities of empathetic leadership

Scientific methodologies and frameworks used in the program:

Stoicism, Designing your life, Self-Determination Theory, Neuroscience, Effectuation, Game theory, Coaching, Dialectical Behavioral Therapy (DBT), Logotherapy, modern management theories, Growth and Fixed mindset.

## **Some of methodologies used in the program:**

- Methodologies derived from the Good Life Engine course;
- Designing Your Life by Burnett, Bill; Evans, Dave. Designing Your Life;
- Logotherapy (Frankl, Viktor E., Man in search of the meaning);
- The source by Dr. Tara Swart;
- The Core by Aki Hintsa;
- Frank’s Martela concept of how to live a happy life;
- Peter's Drucker Managing oneself;
- Héctor's García and Francesc's Miralles Ikigai concept;
- Stoics philosophy (Irvine, William B., A Guide to the Good Life);
- System 1 and System 2 by D. Kahneman, Thinking, Fast and Slow;
- Endurance by Scott Kelly;
- Kolk, Bessel van der. The Body Keeps the Score;
- Michael, Michael. Thinkertoys;
- Pand, Dr. Camilla, “Explaining humans. What science can teach us about life, love and relationship;
- And many others.

**Books recommendations:**

- “Designing Your Life” by Burnett, Bill; Evans, Dave. Designing Your Life;
- Frankl, Viktor E., “Man in search of the meaning”;
- “The source” by Dr. Tara Swart;
- “The Core” by Aki Hintsu;
- Frank Martela “A wonderful life”
- Héctor's García and Francesc's Miralles “Ikigai”;
- Irvine, William B., “A Guide to the Good Life”;
- D. Kahneman, “Thinking, Fast and Slow”;
- “Endurance” by Scott Kelly;
- Kolk, Bessel van der. “The Body Keeps the Score”;
- Michael, Michael. “Thinkertoys”;
- Pand, Dr. Camilla, “Explaining humans. What science can teach us about life, love and relationship