

# Self-Management

## *Practical Tips for Your Personal Journey*

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Tampere Goes Agile  
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**Manse  
Booster**



**Licence to  
Feel Good**

# Self-Management

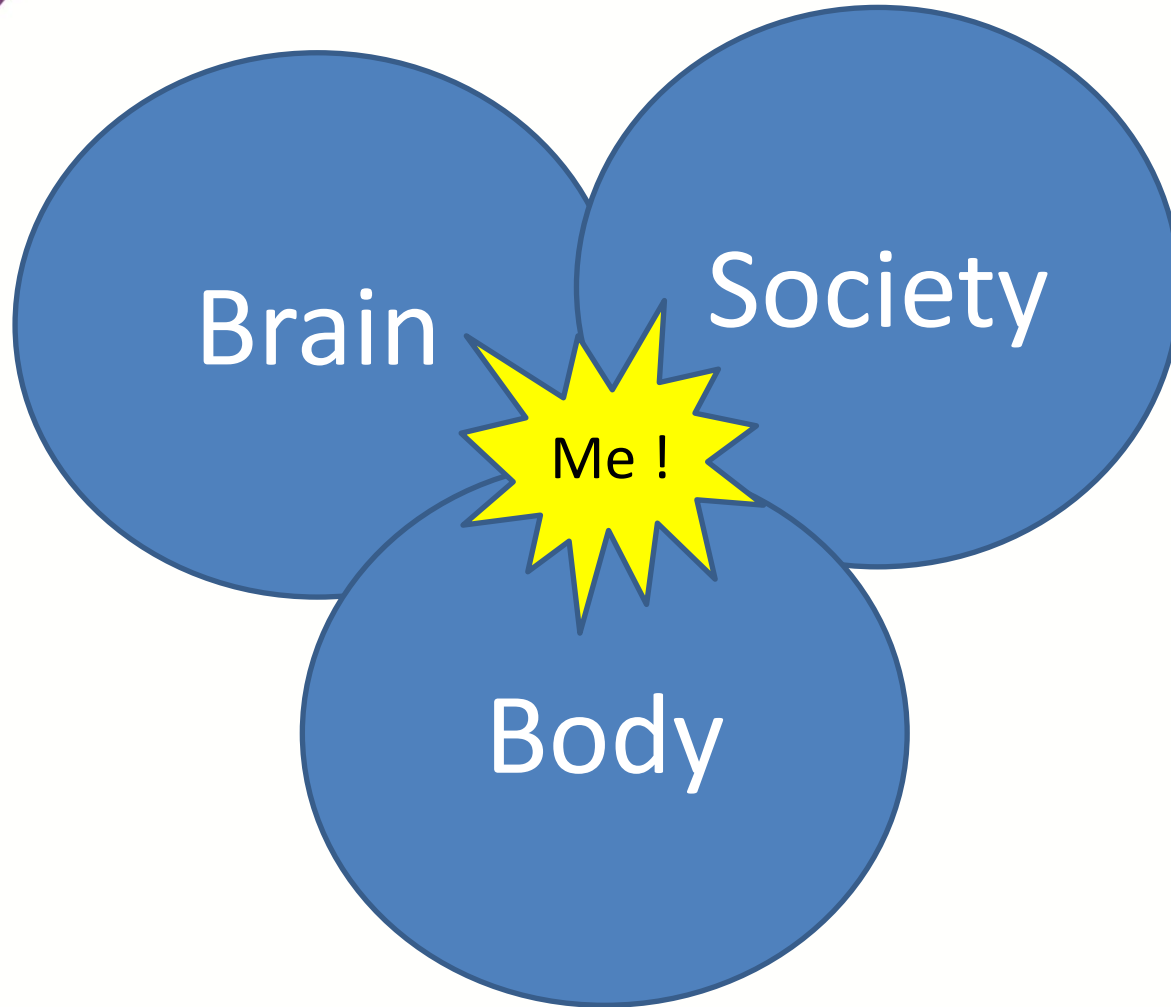
- What is it ?
- Did I learn it in school ?
- Did I learn it at home ?
- Did I never ... quite ... learn it ?
- Is it a learning journey ?

# Self-Management

- It is something you can get better at
- There is new knowledge available
- Some, but not all, old knowledge is useful
- How to make sense of it all ?
- And enjoy the process along the way !

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# Areas of Learning



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# New Knowledge

How the  
Brain Works

How Society  
Works

**Me !**

How the  
Body Works

**There is no  
"Should"**

## New Knowledge

### The BRAIN:

Plasticity of the Brain

Relationship to  
exercise

How Habits work

Mindfulness

False Multitasking

Science of Happiness  
(Martin Seligman)

Learned Optimism

the  
Works

How So  
Works

### The BODY:

Role of Sleep

Understanding of  
Modern Diet

Relationship of Exercise  
to Brain Chemistry &  
Learning

Mindfulness

### Our SOCIETY:

“The Open Society and  
its Enemies” (Karl  
Popper)

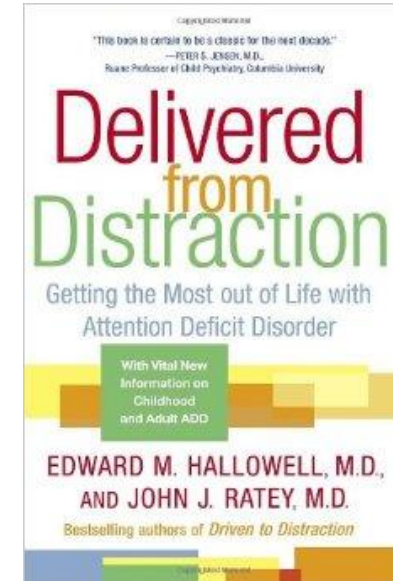
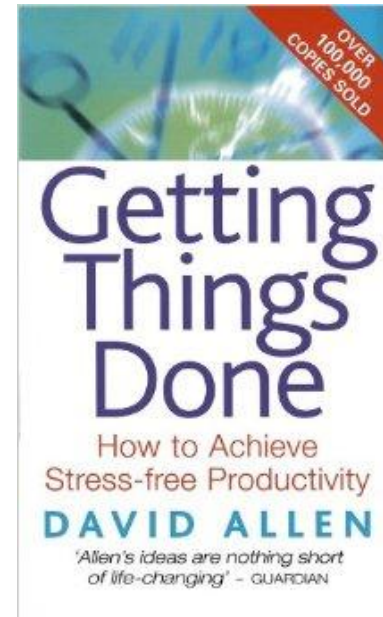
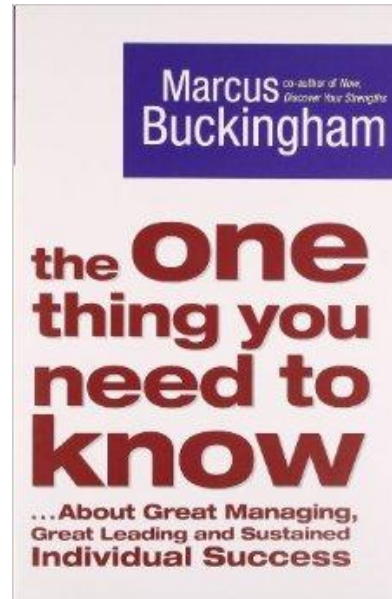
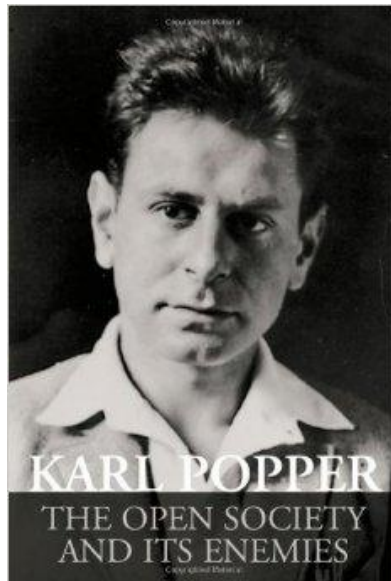
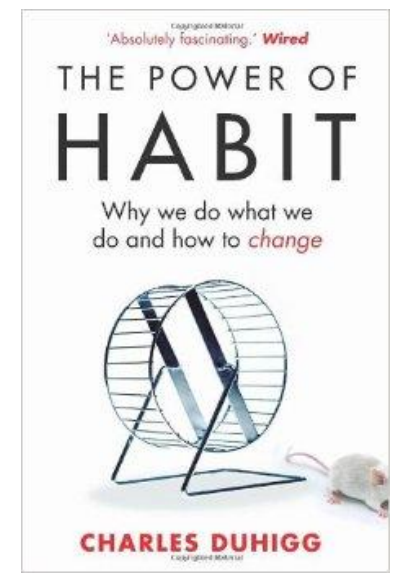
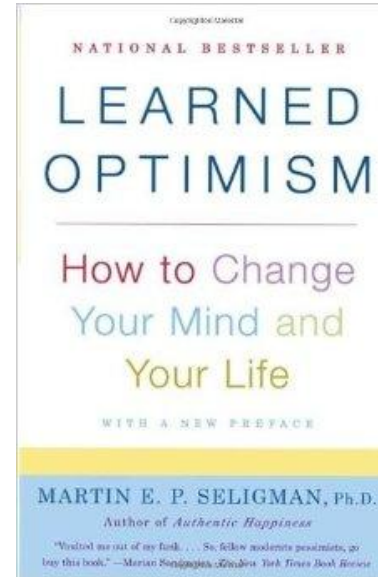
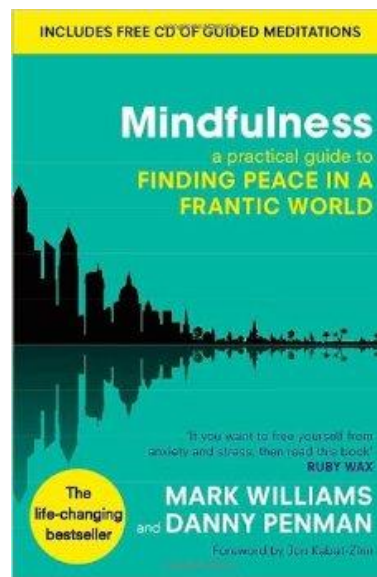
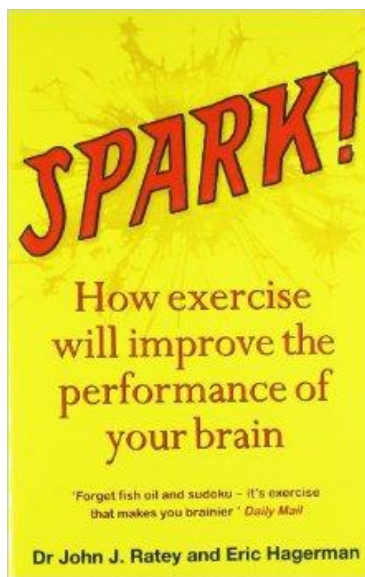
“Games People Play”  
(Eric Berne)

Personality Types  
(Myers Briggs,  
Margerison-McCann )

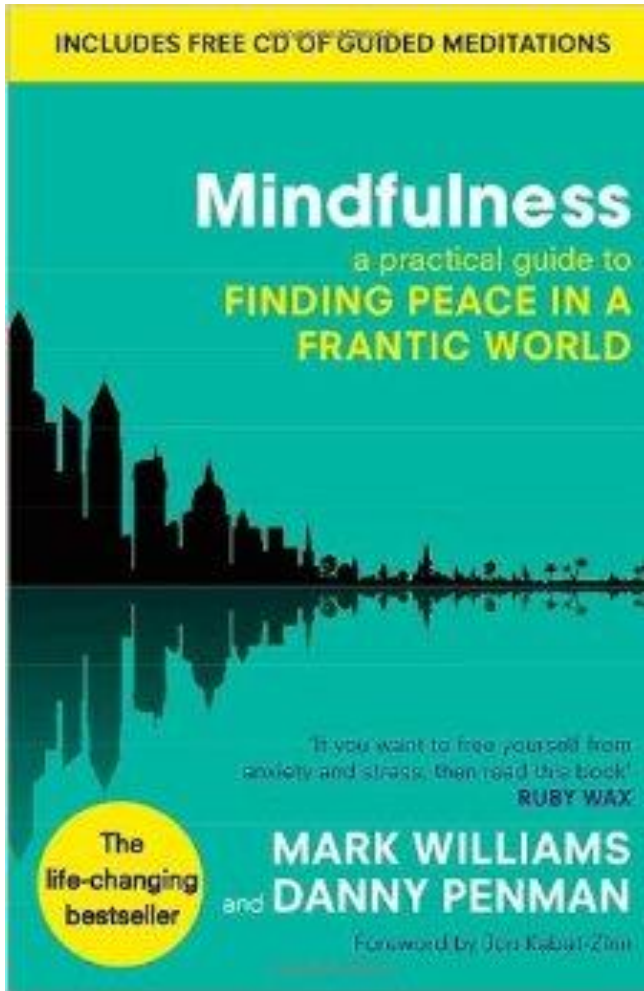
Team Management  
Profiling  
(Belbin, TMP)

Personal Strengths &  
Flow  
(Buckingham,  
Seligman)





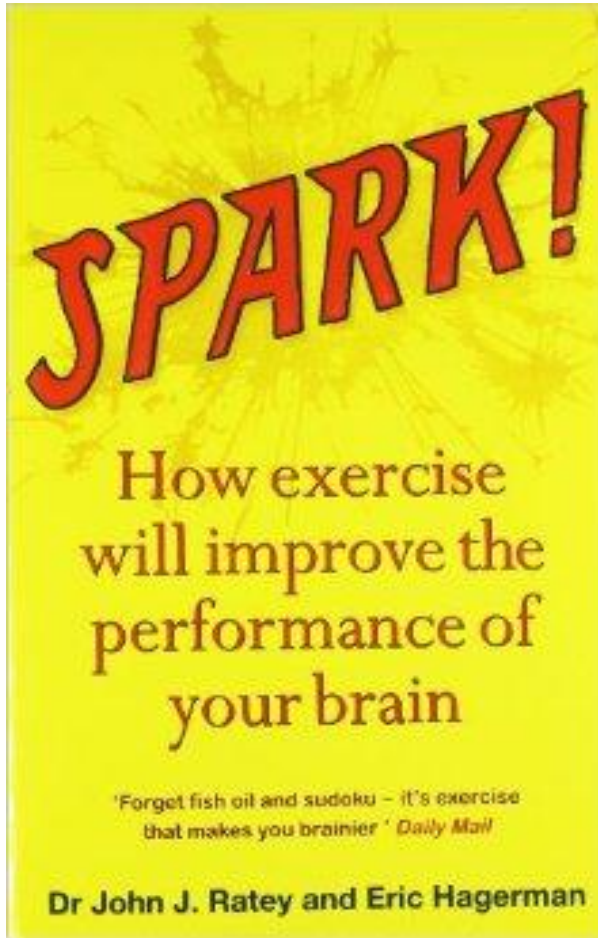
# Mindfulness



- **Being Mode** versus **Doing Mode**
- Regular meditation changes actual brain structure



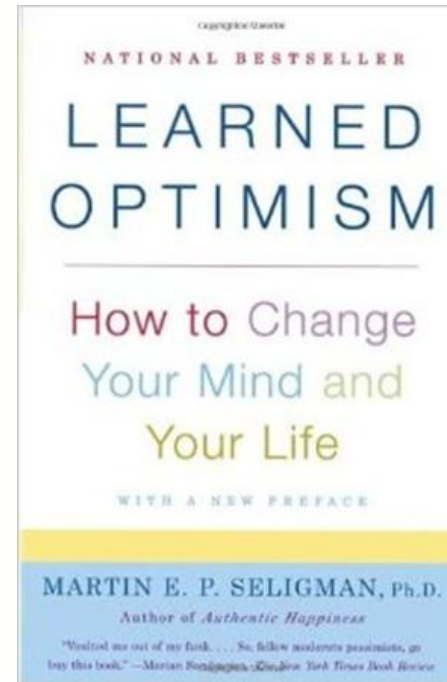
## Exercise



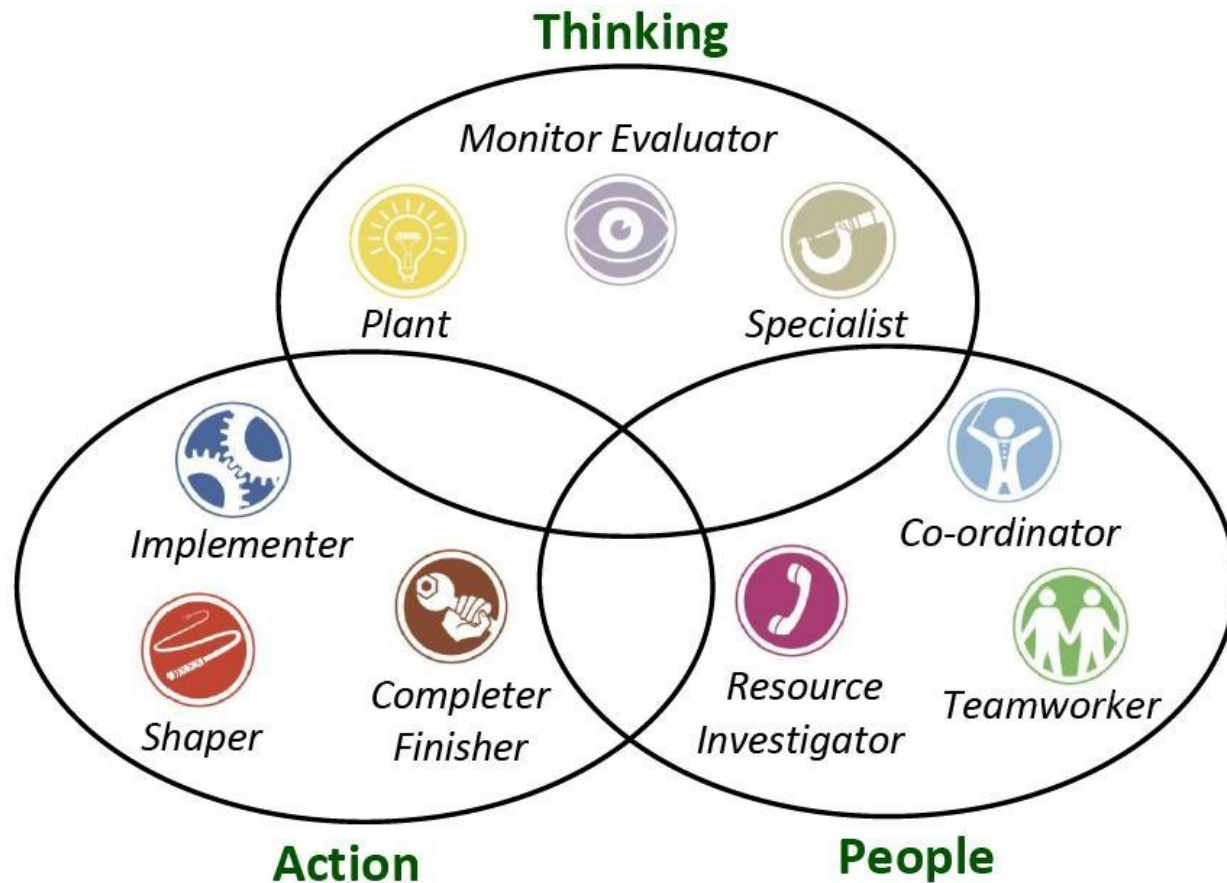
- Exercise releases chemicals to grow brain cells & form memories
- New or reactive movements grow the brain even more
- Movement comes BEFORE mood

## Learned Optimism

- Three “P’s” – when something bad happens, do you tend to assume the problem is:
  - PERSONAL
  - PERVASIVE
  - PERMANENT
- Use the ABCDE method
  - Adversity
  - Belief
  - Consequences
  - Disputation
  - Energization



# Belbin



## Team Management System



TMS HELPS YOU ANSWER :

- What kind of work is most likely to energise you ?
- What role do you prefer to play in the team ?
- How do you prefer to relate to others ?
- How do other people in your team want you to relate to them ?
- What does a successful team look like ?

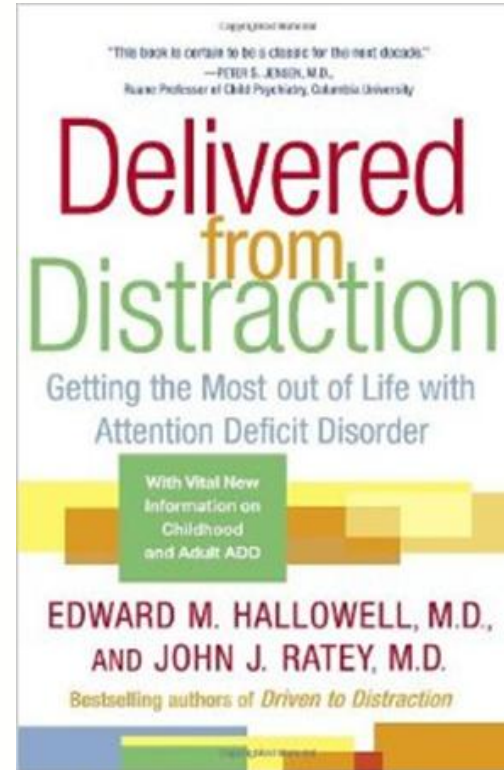


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# Adult ADD



Kitchen tool made by “Good Grips”



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M  
B

Read !

Think !

Dare to Try!

Record !

Repeat !

# Parting Thoughts

- Recognize and believe that self-management is real
- Recognize that it is a good thing - for you, for family, for your employer
- Own your well-being yourself
- Get over perfectionist guilt and just be patient
- Let it become your fun, personal, enjoyable journey