

SELF REGULATION

FIVE ELEMENTS OF SELF REGULATION



SELF-CONTROL;



TRUSTWORTHINESS;



CONSCIENTIOUSNESS;



ADAPTABILITY; AND



INNOVATION.

WHAT IS SELF REGULATION



Self-regulation or self-management is an area of personal skills that make up Emotional Intelligence.



Self-regulation is concerned with how you control and manage yourself and your emotions, inner resources, and abilities. It also includes your ability to manage your impulses.



Self-regulation also includes an element of taking responsibility for your own actions and ensuring that what you do matches with your personal values.

Self-Control

Self-control is NOT masking or hiding your emotions but recognizing and controlling them appropriately.

This means NOT making rash decisions or over-reacting to a situation but remaining calm and rational. It leads to being able to make balanced decisions based on what is really important, and not just how we feel at the time.

Benefits of self Control

People who have good self-control generally remain calm even when stressed.

They are able to think clearly under pressure and still make good decisions.

Self-control usually manifests itself as the *absence* of visible emotion.

Trustworthiness

Trustworthiness is your ability to maintain your integrity, which means ensuring that what you do is consistent with your personal values.

Benefits

- **People who are trustworthy act ethically.**
- They build trust through their personal actions, and the way that their actions are consistent with their espoused values. They are also prepared to confront unethical actions and take a stand when necessary, even if that stand will be unpopular.

Conscientiousness

Conscientiousness is taking responsibility for your own personal performance, and making sure that it matches up to your ability and your values.

Benefits of **Conscientiousness**

- Trust in oneself
- Seen As a leader
- Can take up areas of Higher Responsibility

Adaptability

Adaptability is being flexible in responding to change.

Change is difficult for many of us to manage.

However, by understanding what is happening, and developing our ability to manage change, it is possible to greet change as an adventure, rather than as a problem.



Benefits of Adaptability

- Be able to manage multiple demands on their time and energy, prioritizing effectively, and accepting rapid change when necessary.
- Adapt the responses and the way to fit different situations effectively.
- Be flexible in how to see events, being able to see multiple perspectives.

Innovation



INNOVATION IS BEING OPEN TO NOVEL IDEAS AND APPROACHES.



LOOK FOR NEW IDEAS FROM A WIDE RANGE OF SOURCES;

Benefits of Innovation

- Are prepared to consider new ways of solving problems, even if that's 'not the way that we've always done it round here';
- Generate their own new ideas
- Are prepared to see things from other perspectives, taking risks in their thinking.

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