



SNS COLLEGE OF ENGINEERING

Kurumbapalayam (Po), Coimbatore - 641 107

An Autonomous Institution

Accredited by NBA - AICTE and Accredited by NAAC - UGC with 'A' Grade

Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai



DEPARTMENT OF MANAGEMENT STUDIES

COURSE NAME : 19BA315 STRATEGIC HUMAN RESOURCE MANAGEMENT

II YEAR /III SEMESTER

Unit V - EMPLOYEE COACHING & COUNSELING

Topic - Self-Management



SELF MANAGEMENT

- **Self-management** refers to an individual's ability to regulate their emotions, thoughts, and behaviors in different situations, aiming to achieve personal and professional goals.
- It involves setting clear objectives, managing time and priorities effectively, and maintaining a positive work-life balance.
- Self-management is a crucial soft skill for employees and leaders alike, as it supports productivity, enhances job satisfaction, and contributes to overall organizational success.



IMPORTANCE OF SELF-MANAGEMENT



- **Enhances Productivity:** Encourages focus and goal-oriented behavior.
- **Promotes Emotional Intelligence:** Improves interpersonal interactions and decision-making.
- **Facilitates Adaptability:** Prepares individuals to handle change and uncertainty.
- **Drives Personal Accountability:** Ensures ownership of tasks and responsibilities.
- **Supports Leadership Development:** Builds essential skills for strategic HR roles.



KEY COMPONENTS OF SELF-MANAGEMENT

- Goal Setting
- Time Management
- Self-Awareness
- Emotional Regulation
- Decision-Making
- Work-Life Balance
- Resilience



STRATEGIES FOR IMPROVING SELF-MANAGEMENT

- Practice mindfulness and emotional regulation.
- Set clear, achievable goals.
- Develop a routine for productivity.
- Use feedback for self-improvement.
- Build resilience through positive self-talk and reflection.



CHALLENGES IN SELF-MANAGEMENT



- Managing emotions during high stress.
- Overcoming negative self-perception.
- Balancing empathy with assertiveness.
- Avoiding emotional burnout.



RECAP

QUESTIONS???

THANK YOU