



THE ROLE OF SELF MASTERY IN ELEVATING YOUR CAREER

Climbing the corporate ladder demands a commitment to continuous self-improvement. Without a deep understanding of yourself, it can be challenging to leverage your full potential and seize opportunities that align with your career aspirations. Self-mastery and career success are intrinsically linked.

Are you someone who has a tendency to people please? Is a fear of failure holding you back? Negative self-talk, detachment from judgment, an unclear life's purpose, and low vibrational energy are all factors that can impede your career growth. Self-mastery provides a solid foundation

for personal growth and professional development, allowing you to make informed decisions, set realistic goals, and navigate challenges effectively.

By understanding your strengths, values, and self, you can identify which aspects of yourself might be putting the brakes on your career growth and take steps to address them. This awareness builds your influence and ability to develop strong relationships with others.

In this magazine, we will unpack the importance of self-mastery, how it ties into leadership, and habits you can set into motion to build up your capabilities.





WHAT IS SELF MASTERY?

Self-mastery is the ongoing practice of controlling and curating your inner world (your emotions, values, and beliefs), which significantly influences your outer world (your behaviors and interactions with others). It involves a high degree of self-discipline and self-awareness, a dedication to continuous growth, and the ability to navigate life's challenges with resilience and mindfulness.

Negative self-talk can erode confidence, but self-mastery helps reframe these thoughts positively. Fear of failure can paralyse, yet self-mastery builds resilience to overcome it. When you detach from the judgement of others, it allows you to maintain focus and motivation. Having a clear idea of your life's purpose provides direction and fulfillment and makes decision making smoother

throughout your career. Your vibrational energy is then the string that ties all of these together. Mastering your vibrational energy ensures a positive and productive mindset.

Self-mastery empowers individuals to navigate their personal and professional lives more effectively. By understanding and mastering yourself, you can make better decisions throughout your career. It is a lifelong journey that involves a commitment to self-improvement and the courage to face and overcome personal challenges.

As the future of work continues to evolve, those who cultivate self-mastery will be better equipped to seize opportunities and adapt to the ever-changing landscape.



WHY IS SELF MASTERY IMPORTANT?

Self-mastery is crucial in today's world, especially given the frequent disruptions and uncertainties we face. The pandemic, the rising cost of living, and job market turmoil characterised by pay freezes and redundancies have underscored the imperative need for resilience. Self-mastery equips you with the ability to regulate your emotions and behaviors, enabling you to stay calm and focused during crises.

RESILIENCE AND ADAPTABILITY

In a world marked by constant disruption, the ability to pivot quickly and roll with the punches is invaluable. Those with a high degree of self-mastery can find opportunities within chaos when plans fall through. The concept of self-mastery and resilience is increasingly relevant in today's rapidly changing world, as highlighted by the World Economic Forum's annual Skills of the Future report. Many of these essential skills fall into the realm of self-mastery. This inner strength allows you to recover from setbacks, adapt to changing circumstances, and maintain a positive outlook even when faced with significant challenges.

FAILING FORWARD

Self-mastery enables you to understand that failure is not a definitive end but a key to growth. By embracing failure and seeing it as a valuable part of the learning process, you can continually improve and innovate, turning setbacks into opportunities for development. This perspective fosters resilience and encourages a proactive approach to overcoming obstacles.

RETAINING CONTROL

In turbulent times, it is easy to become overwhelmed by external factors beyond your influence. However, self-mastery encourages a shift in focus towards what can be controlled: your reactions, decisions, and efforts. By honing in on these controllable aspects, you can take proactive steps towards your goals, even in the face of external adversity. This proactive approach enhances personal and professional growth and contributes to a sense of empowerment and purpose.

By cultivating self-mastery, you become better equipped to navigate their personal and professional lives effectively, making informed decisions and maintaining a positive and resilient mindset. As the future of work continues to evolve, those who cultivate self-mastery will be better prepared to seize opportunities and adapt to the ever-changing landscape.



WHY IS SELF MASTERY IMPORTANT?

More than ever, self mastery skills are amongst those most in demand by employers worldwide. Here are the latest top 10 skills of the future as listed by the **World Economic Forum**.



ANALYTICAL THINKING



CREATIVE THINKING



RESILIENCE, FLEXIBILITY AND AGILITY



MOTIVATION AND SELF-AWARENESS



CURIOSITY AND LIFELONG LEARNING



TECHNOLOGY LITERACY



DEPENDABILITY AND ATTENTION TO DETAIL



EMPATHY AND ACTIVE LISTENING



LEADERSHIP AND SOCIAL INFLUENCE



QUALITY CONTROL



SELF MASTERY & LEADERSHIP

Self-mastery is a foundational element of effective leadership. At its core, leadership involves guiding and inspiring others towards a common goal, which requires a high level of emotional intelligence, self-awareness, and self-regulation. Without a firm handle on their own self-mastery, leaders cannot hope to manage others effectively. The ability to understand and control one's own emotions, behaviors, and desires sets the stage for making sound decisions, maintaining composure under pressure, and setting a positive example for others.

Maintaining positive vibrational energy is crucial for good leadership. Leaders who maintain high vibrational energy can positively influence their team's morale and productivity. People perceive and mimic behavior due to mirror neurons in the brain. If a leader exudes positivity and calm, their team is likely to mirror that behavior. Conversely, bad vibes create bad vibes, which can lead to a toxic work environment.

Being comfortable with conflict is another aspect of self-mastery that is important for leaders. Leaders who can navigate conflicts with composure and fairness set an example for their team. This comfort with conflict encourages open communication and problem-solving, essential for a healthy workplace.

Detachment, or the ability to remain objective and not take things personally, allows leaders to make fair and unbiased decisions. This helps in maintaining focus on the bigger picture and not getting bogged down by minor setbacks or personal grievances.

Awareness of oneself and others is vital. Leaders must be attuned to their own strengths and weaknesses and also be aware, through careful listening and observation, of what is going on with their team members. This heightened awareness fosters empathy and better interpersonal relationships, crucial for team cohesion and morale.

Effective leaders must create an environment where people are comfortable failing. This involves **fostering a culture of experimentation and learning**, where team members feel safe to take risks without fear of harsh judgment. This approach not only drives innovation but also builds a resilient and adaptive team.



HOW TO CULTIVATE MASTERY OF THE SELF

One of the most prevalent internal challenges within the corporate landscape is the fear of failure, often accompanied by negative self-talk. These issues can undermine confidence, decision-making, and overall performance. The first step to overcoming these barriers is developing awareness and presence. By being fully aware and present, you can observe what situations bring up for you and choose your response more effectively.

CULTIVATING AWARENESS

Once you cultivate awareness, you can identify areas that need attention, such as improving self-talk, practising detachment, or learning to say no more often. If you don't know where to start, you can take the Self Mastery Assessment Scorecard to find out where you are along your self mastery journey and what areas to work on.

BUILDING HABITS

Building self-discipline is crucial for cultivating self-mastery. The power of small habits lies in their cumulative effect. For example, spending a few minutes each day practising mindfulness can lead to substantial improvements in emotional regulation and stress management over months and years, just as dedicating time each day to professional development can result in a substantial enhancement of skills and career progression over time.



HOW TO CULTIVATE MASTERY OF THE SELF

PRACTICING DETACHMENT

Detachment involves separating one's identity and self-worth from external outcomes and recognising that failure is a natural part of the growth process. By viewing failures as opportunities for learning rather than reflections of personal inadequacy, individuals can diminish the power of fear and negative self-talk, paving the way for more constructive and positive self-assessment.

To practise detachment, focus on observing your thoughts and emotions without judgement, allowing yourself to experience them without being controlled by them. This can be achieved through mindfulness and meditation, which help create a sense of inner calm and clarity. By acknowledging that failure and setbacks are natural parts of the growth process and do not define your value, you can approach challenges with a more objective, resilient, and adaptive mindset, ultimately fostering greater emotional regulation and personal growth.

CREATING CONSISTENCY

Consistency is the key to mastering these habits. It is not enough to occasionally practise self-discipline or engage in positive behaviours; these actions must be integrated into daily life. Consistency reinforces habits and makes them a natural part of one's routine, reducing the likelihood of reverting to old, unproductive patterns. To maintain consistency, it can be helpful to set clear, achievable goals and track progress regularly. Celebrating small victories along the way can also provide motivation and reinforce the commitment to personal growth.

Self-mastery is a lifelong journey that begins with awareness and observation. By consistently practising self-discipline and integrating positive habits into your daily routine, you can build the resilience and emotional regulation needed to navigate the challenges of the corporate landscape effectively.





Those most likely to succeed in today's business landscape practice self mastery. The corporate world is turning its attention to the value in skills such as stress tolerance, resilience and flexibility.

Reo Group CEO Stella Petrou Concha is an author and expert in the realm of self mastery, and is regularly invited to deliver

keynote speeches and host workshops on self mastery. Stella's experience in the corporate world, coupled with her thought leadership on self mastery, make her a regular on executive mentoring programs, where she can directly guide and inspire future leaders.

You can read more about Stella and her work [here](#)

WOULD YOU LIKE TO FIND OUT WHERE YOU ARE IN YOUR SELF MASTERY JOURNEY?

The Self Mastery Scorecard is based on the teachings in *Stone Heart Light Heart - The Intelligence of Self Mastery* and helps set a starting point for your work in the self-mastery space.

By assessing your level of mind mastery it will shine a light on career obstacles such as fear of failure and self-doubt, whilst also suggesting areas of focus that will help you manifest your goals and bring joy and purpose into your life.



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