



ROLE OF THE SELF

The Concept of 'Self'

Throughout history, our most admired heroes and heroines have made key decisions and collected and redirected themselves in a calm, focused manner in the middle of their most heated moments. They were not controlled by what they were experiencing internally. Even under pressure, they could observe and direct their actions. They were 'awake'.

When we look back at these individuals, the concept of 'self' comes up repeatedly as integral to their success. We talk about how critical their self-management, self-control, self-direction, and self-reflection abilities were to their achievement in career and life. But what exactly do we mean by 'the self' or, more personally, 'our self'?

Peter's Approach

In *The Role of the Self*, Peter explores the two functions of the self: Managing the moment and determining life direction. Using an orchestra as a metaphor to frame the discussion, he looks at the self as the conductor who controls and regulates the 'instruments' (our mind, body and feelings) in order to play the music the composer intended.

■ Managing the Moment

Active awareness - the capacity to observe our thoughts and feelings and to choose our actions - is a major function of the 'self'. Without awareness we remain prisoners to our past successes, failures, hidden beliefs and whatever we are experiencing at the moment. This is especially true in difficult, pressure-filled situations. *The Role of the Self* presents an effective action-based model for managing the moment.

■ Determining Life Direction

The second function of the 'self' is to ensure the direction our life takes does not happen by default and is not accidental. It is easy to get caught up in the demands of the moment and stray off course in life. Our Self has the capacity to inform us of what gives our life meaning and purpose. It is this information that allows us to redirect our actions when we have gone off course. A discussion of *The Role of the Self*, therefore, encompasses bigger questions such as "What do you want to give? What do you want to get?" and "What will my life look like five years from now?"

About the Presenter:

Dr. Peter Jensen is the founder of Performance Coaching Inc. one of the premiere training firms in Canada. He has attended six Olympic games, worked with over 40 medal-winning athletes and their coaches, and is the sport psychology trainer for Canada's Olympic women's hockey team. He is a top rated instructor at Canada's foremost business school, Queen's School of Business. He is the author of the best selling book *The Inside Edge* and his latest book *Igniting Third Factor*. Learn more about Peter at www.peterjensen.ca.



"Peter made an invaluable contribution to the overwhelming success of this conference on organizational and societal leadership. His teachings - and his manner of teaching - created a deep impression on the participants, all of whom are leaders within their own organizations. In fact, Peter was invited back to speak for a second day."

- IAN ANDERSON, EXECUTIVE DIRECTOR
GOVERNOR GENERAL'S LEADERSHIP CONFERENCE



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