

**10 DAYS FREE SELF- LEADERSHIP PROGRAM FOR WOMEN IN MALE
DOMINATED INDUSTRIES.
PRESENTED BY TINYIKO MOTILENI, LEADERSHIP AND BUSINESS COACH**

You are welcome! To Day 4 of 10

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DOMINATED INDUSTRIES.**

(Presented by Tinyiko Motileni - Leadership and Business Coach, Thought Leader of the subject)

Tools to assist you settle during the 1st 10 days in office as a female leader/worker

Thank you for taking time to work on yourself as a female leader/worker. Day 1 and 2 were helping us understand what we as leaders are capable of controlling before we can lead other people. Now day 3 and 4 are all about knowing yourself. You can only be the best of your version if you know yourself (self-leadership).

Let's carry on doing the work that we are called for.

**Day 4 of 10: HOW TO GROW YOUR MINDSET AS A FEMALE LEADER/WORKER
IN ORDER TO SUCCEED IN MALE DOMINATED INDUSTRIES**

Understand that your mindset

- Your mindset is the muscle that you need to exercise every now and then by making decisions that will grow you to the next level.
- Understand how your mind works, what do you think normally when you're happy and what do you think when you're feeling under the weather (sad). When I am happy, I think of growing my business amongst other things. When I am sad, I always question why am I not a billionaire yet.
- Be aware of what changes or what triggers your mind to shift to another level of thinking either positive or negative. I am the people's leader every time my thinking shifts to the negative, I go talk to people and give them advice then I'm able to fuel my positive thinking capabilities again.
- When you know and are aware of your thoughts you will be able to understand how other people think. That will help you to understand different characters in your team.
- **My Positivity technique** helps me to be aware of my negative mindset and then shift to the positive (Watch my video I explain it there)

This program is part of my own knowledge and my 20 years of experience in male dominated industries.

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How to shift the mindset

- First your mind will grow if you **deal with your fears**
- Face your fears
- Face them head on and push yourself to make that decision or do that one thing that you always wanted to do.
- As soon as you conquer your fears, the mind set shifts automatically.
- Second **work on you believe system**, believe that your great, your worthed, your enough and you have capabilities to do the job.
- Your mindset will always follow what you believe.
- When something went wrong you don't have to kill yourself, make a decision to solve the challenge. I always say making a wrong decision is better than not making a decision at all. In that way your mindset will shift to another level of decision making.
- If someone didn't die, I always tell myself that, I have a challenge not a problem, In that way I am capable of solving that challenge but I cannot bring back a dead person, now for me that is a problem.
- Take decisions and do not punish yourself if the decision went south. When something goes wrong act on fixing that thing not you. Reframe from blaming yourself all the time.
- Tell yourself that you are not here to prove your capabilities only, your also hear to do the job as trusted.
- Third know that **your worthed** (check Day 3 of 10)

They bring you the harder decisions. It's very helpful to have a really strong sense of what's right and wrong for the company, not for you. That's an important distinction.

Kenneth Frazier, CEO, Merck (Discprofile.com)

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Exercise 4

Knowing yourself

Write 10 best decisions that you've ever taken in your life.

Distinguish if the decisions were made out of fear or how you believed in yourself.

Write down how different you would have made those decisions after this session.

Video

Check my Face Book video about how to grow your mindset to succeed in male dominated industries to gain more knowledge.

<https://www.facebook.com/groups/187265873034832/>

Thank you for taking time to work on yourself in order to become a great female leader in male dominated industries!