

**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 5 of 10

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(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, 4 and 5 are all about knowing yourself. You can only be the best version of yourself and lead others if you know yourself well (self-leadership).

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

Day 5 of 10: The importance of releasing stress daily as female leader/worker in order to get through your daily tasks.

- My story about stress release had more tears than anything else. Please watch the video on Facebook group (Coaching by Tinyiko) day 5 of 10 Self leadership program. You will get more explanation on how my tears helped me to deal with work stresses.

Why is it important to learn how to release stress daily?

- The difficulty of working in the male dominated industry is that you **question yourself** most of the time and that contribute immensely towards your stress level, that could propel you to be a different person from who you are. (Always either sad or angry) at the same time you then start to **doubt and mistrust** yourself.
- The stress sits with you and you find yourself **using other processes during your leadership journey in the wrong way**, how I approached disciplinary enquiries was that I used the process as a punishing tool rather than a corrective tool. **Hating the person not the misconduct**.

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

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- If you are not destressing daily, it is very easy to **take the work stress home** and that affect your family in a bad way.
- I once **forgot my daughter at school**, yes, it is true. She was telling me about the story again a day before yesterday. Worse part it was raining on that day. (Watch the video to hear more about the story)

How can you destress daily?

- **Find a routine** that you can do on your way home, at the end of the shift or when you get home.
- I love nature as much as I would go and **cry at the quarry**, I would also go to the quarry daily just to **talk to mother earth, my guides, God, or myself**. I would feel far much better when I come back to the factory.
- I also use to burry my head in books, **studying** helped me a lot in terms of stress relieve.
- **Read a book** that excites you.
- **Start writing**, anything, if you're a writer.
- **Talk to someone** you trust or talk to a stranger about your challenges. I was in a plane few years ago from east London to Joburg and I started talking to this woman in the plane only to find that she's a phycologist and for that hour I got some of the valuable information that I'm sharing with you now.
- **Listen to the song** that soothes your soul, I had a compilation of songs in my phone for different moods:
When I feel monied, I use to love the songs very much.
When I feel sad
When I feel angry
When I'm happy
- If you are a person who enjoys to **exercise**, do that.
- Even sleeping, **taking a nap** after work could help you release your stress.

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Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal, or any goal. - Vince Lombardi, American football player and coach (Discprofile.com)

Exercise 5

Knowing yourself

Find the 1 thing in your mind that keeps you smiling when you think about it or find a spot in your mind that when you go to you become yourself.

Visualise that thing every day when you feel stressed for 10 minutes every day to change your mood level.

For me I am a lover of money, I do money visualisation and my stress level comes down automatically.

Video

Check my Face Book video to understand more about the important of releasing stress daily as female leader/worker in order to get through your daily tasks.

<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!