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# Personal & intellectual excellence

*"The best executive is the one who has sense enough to pick good people to do what he wants done, and self-restraint to keep from meddling with them while they do it." – Theodore Roosevelt*





## context

Personal and intellectual excellence is about how one approaches challenges and investigates their causes in order to arrive at solutions that

## Approach

Understanding factors that inhibit or promote excellence

Sometimes we understand a concept by examining its polar opposite. So it is with excellence we will better understand it by examining failure. And the reasons responsible for failure.

## Learning Outcomes

Self appraisal that will then lead to adopting techniques herein to make you a diligent student of your life, then applying techniques to improve themselves.

## 6 steps to excellence

### - Evaluate your strengths and weakness

Take stock, appraise so you can honestly know yourself, for only then can you improve.

### - Focus on areas where you need to improve

commit time & resources to the areas you need to improve.

### - Identify what you love to do

Its always easier when you are doing what you love

### - Determine what your ultimate career goal

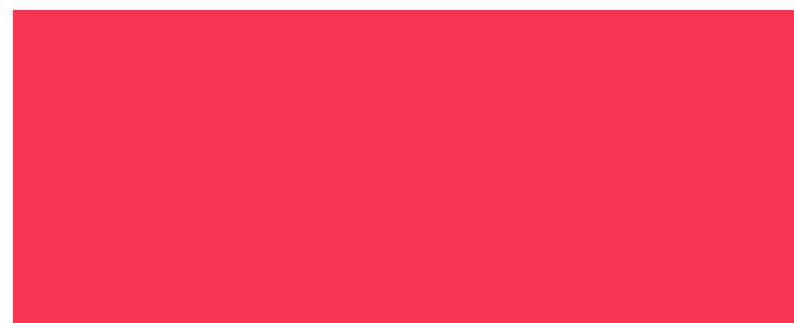
Start with the end then design what is needed to achieve it. Follow through.

### - Become a lifelong do-it-yourself project

Excellence is a journey not a destination so evolve as your life and career evolve.

### - Practice, practice, and more practice

You could practice till you get it right, or you could practice until you cant get it wrong. Its all practice but attitude makes the difference.





# 10 ideas, ways to accomplish

## Learning process

Understand how your mind works, the times, its most efficient how it retains information and spurs you to act on it.

## Balance Scale

How you balance thinking, planning & execution determines whether you rise or sink.

## Understand Failure

How and why it happens

## Illusion Vs Reality

How reality is created and getting to understand reality filters

## Dominant Thinking model

Yes we all think, but we all think different. Examine why you think the way you do, Challenge the assumptions, cure faulty thinking.



## Understanding Behaviour

What do you act the way do? Is it detrimental to your progress or does aid it?

## Human Needs

Articulate, Calculate, Negotiate with yourself, life is about trade offs.

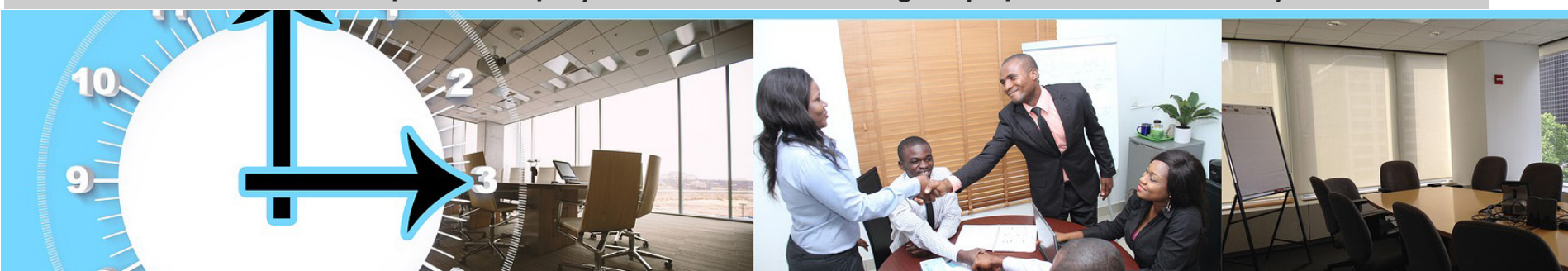
## Human Drive / Motivation

Articulate, Calculate, Negotiate, what drives you? How can you create more of it & how can you harness it to achieve your goals?

## Living the dream life

Many people know what they don't want. Very few people know what they want. Subtle difference in presentation but a gulf in terms of results. Perspectives matter!

**"The true measure of the value of any business leader and manager is performance." - Brian Tracy**



## Examining failure:

Failure defined:

An event, item or person that doesn't accomplish its intended purpose.

## Reasons:

- Laziness; Only by consistently applied effort do we grow
- Bad Habits e.g. procrastination
- Faulty thinking: It all starts in the mind
- Erroneous perspectives: Prejudice, Low self esteem Negative Self talk
- Acts of God: unpredictable yes but can we adopt oh yes, Yes we should.
- Wrong role models: That instructive adage... "Birds of a feather....."
- Perfectionism: when viewed as destination you don't get there when viewed as a journey, so empowering.
- Life Imbalance: A successful person is a total sum of all their parts. Individual, Social, Economic they all have to be in equilibrium
- Politics: Yes leadership in all contexts matters a great deal, be it family, work or nation.
- Lack of focus: lack of focus implies effort that is not efficiently applied. Wasted effort equals no results.

Management's job is to convey leadership's message in a compelling and inspiring way.  
Not just in meetings, but also by example. Jeffrey Gitomer

## Tools to tackle failure

Habit modification  
Life long learning  
Role modelling  
Introspection

Leadership is working with goals and vision; management is working with objectives.



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