

Am I Enough? A Personal Leadership Analysis

Research and Resource Guide

Introduction

This research and resource guide summarizes lessons from the session, provides additional topical resources to further develop your application of the topic, and offers research to expand your knowledge.

Lessons from the Session

Am I Enough? A Personal Leadership Analysis was a reflective leadership journey, offering practical tools to explore personal leadership style, assess impact, and identify areas for growth. Emphasizing self-awareness as a cornerstone of effective leadership, the session encouraged OST professionals to examine their own strengths and challenges and consider how these influence teams and programs. Whether leading a small group or a large initiative, participants received strategies to lead with greater confidence, clarity, and purpose.

Self-Awareness¹ - Dr. Dan Siegel developed a Self-Awareness wheel to describe the experience of self-awareness.

Leadership Styles^{2, 3, 4} - Identifying your leadership style can help you understand how you naturally influence, guide, and support others while giving you clarity about your own strengths, blind spots, and impact.

SWOT Analysis⁵ - SWOT stands for strengths, weaknesses, opportunities, and threats. It can help you evaluate advantages and disadvantages, assess new opportunities, and develop strategies for achieving goals by leveraging strengths, mitigating weaknesses, taking advantage of opportunities, and preparing for threats.

¹ Wheel of Awareness - Dr. Dan Siegel. (2022, January 25). Dr. Dan Siegel. <https://drdansiegel.com/wheel-of-awareness/>

² Parsons, L. (2025, February 19). How to Determine What My Leadership Style Is - Professional & Executive Development | Harvard DCE. Professional & Executive Development | Harvard DCE. <https://professional.dce.harvard.edu/blog/how-to-determine-what-my-leadership-style-is/#Leadership-Style-Types>

³ The National Society of Leadership and Success. (n.d.). What is leadership: Understanding different leadership styles. <https://www.nsls.org/understanding-different-leadership-styles>

⁴ Transactional and Transformational leadership styles: Pros and Cons. (2023, September 15). <https://online.spalding.edu/blog/transactional-and-transformational-leadership-styles-pros-and-cons#:~:text=What%20is%20Transactional%20Leadership?,transactional%20leadership%20approach%20in%20education.>

⁵ Teoli, D., Sanvictores, T., & An, J. (2023, September 4). SWOT analysis. StatPearls - NCBI Bookshelf. <https://www.ncbi.nlm.nih.gov/books/NBK537302/>

Resources and Tools

- [Educator Self-reflection Tool](#)⁶
- [Transforming Culture Through Leadership](#)⁷
- [Inventory of Leadership Strengths and Weaknesses](#)⁸
- [5 Inspiring TED Talks All Education Leaders Should Watch](#)⁹

Research and Information

- [6 Leadership Weakness Examples and Improvement Strategies](#)¹⁰
- [Mastering Leadership: Developing Strengths and Overcoming Weaknesses](#)¹¹
- [15 Expert Tips For Turning Leadership Weaknesses Into Strengths](#)¹²
- [The Leadership Edge: Why Self-Awareness Is Essential for High Performance](#)¹³

⁶ Transforming Education. (2020b). *Educator Self-Reflection Tool*. <https://files.eric.ed.gov/fulltext/ED619919.pdf>

⁷ S4 EP 15: Workshop Series: Transforming Culture Through Leadership feat. Juan Alvarado | School: After Hours - The podcast for all things Education and Afterschool Programming. (2024, March 26). School: After Hours - the Podcast for All Things Education and Afterschool Programming. <https://schoolafterhours.podcastpage.io/episode/s4-ep-15-workshop-series-transforming-culture-through-leadership-feat-juan-alvarado>

⁸ Shoenfelt, E. L., Ph. D. (2021b). Inventory of leadership strengths and weaknesses. Western Kentucky University. <https://www.wku.edu/ogden/documents/wisaleadershiptraitinventory.pdf>

⁹ 5 Inspiring TED talks All education Leaders should watch. (n.d.). New Leaders Blog. <https://www.newleaders.org/blog/5-inspiring-ted-talks-all-education-leaders-should-watch>

¹⁰ Pollack, J. (2025, May 30). 6 Leadership Weakness Examples and Improvement Strategies | Peaceful Leaders Academy. Peaceful Leaders Academy. <https://peacefulleadersacademy.com/blog/leadership-weaknesses/>

¹¹ By: Wayne L. Anderson. (2023, November 2). Mastering Leadership: Developing Strengths and Overcoming Weaknesses - Leadership Science Institute. Leadership Science Institute. <https://www.leadershipscienceinstitute.com/mastering-leadership-developing-strengths-and-overcoming-weaknesses/>

¹² Panel, E. (2023b, March 14). Council Post: 15 Expert Tips for Turning Leadership Weaknesses into Strengths. Forbes. <https://www.forbes.com/councils/forbescoachescouncil/2023/03/14/15-expert-tips-for-turning-leadership-weaknesses-into-strengths/>

¹³ University of St. Thomas. (2024b, September 23). The Leadership Edge: Why Self-Awareness is Essential for High performance. Newsroom | University of St. Thomas. <https://news.stthomas.edu/the-leadership-edge-why-self-awareness-is-essential-for-high-performance/>