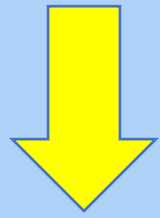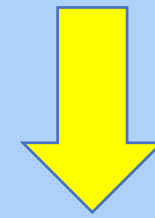# Self vs Role

By: Lily, Sophya, & Micah

What is Self vs Role?

- Self vs Role is understanding what role you play in the system and distinguishing yourself from that role.

Self/ Identity Examples:
- Hardworking
- Passionate
- Ambitious
- Disciplined
- Caring
- Energetic
- Faithful
- Trustworthy
- Patient

Role Examples:
- Daughter/ Son
- Sister/ Brother
- Student
- Employee
- Athlete
- Member of a community

ACTIVITY TIME:
Self vs Role
Venn Diagram

- Get out a piece of paper and draw a Venn Diagram.

- Side A will be yourself and your identities

- Side B will be the roles you play in the system

- In the middle put what you can't distinguish from self and role

A   Both   B
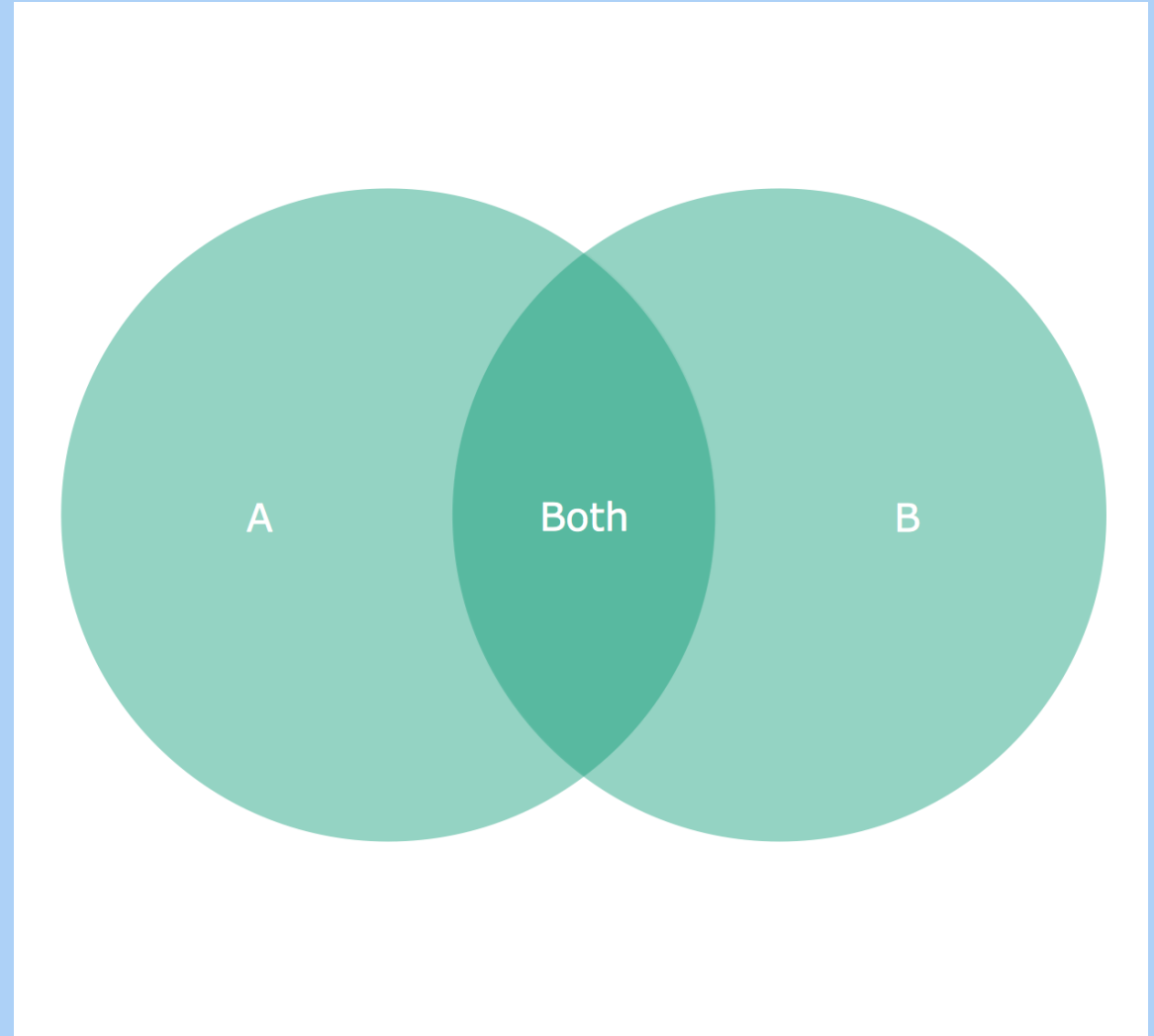
ACTIVITY TIME:

Self vs Role
Discussion

1) Discussion
- Get into groups of two and share what you have written on your Venn diagram.
- Look for similarities and differences between your diagrams and share what self-identities you use in each of your roles.

2) Reflection
- **Did you share any similar roles?**
    - If so, what identities of yourself would you use in those roles? Were those similar?
- **Did you share any different roles?**
    - If so, do you think you would use a similar identity as your partner if you were a part of that role?
- **What roles or identities did you have in the middle?**
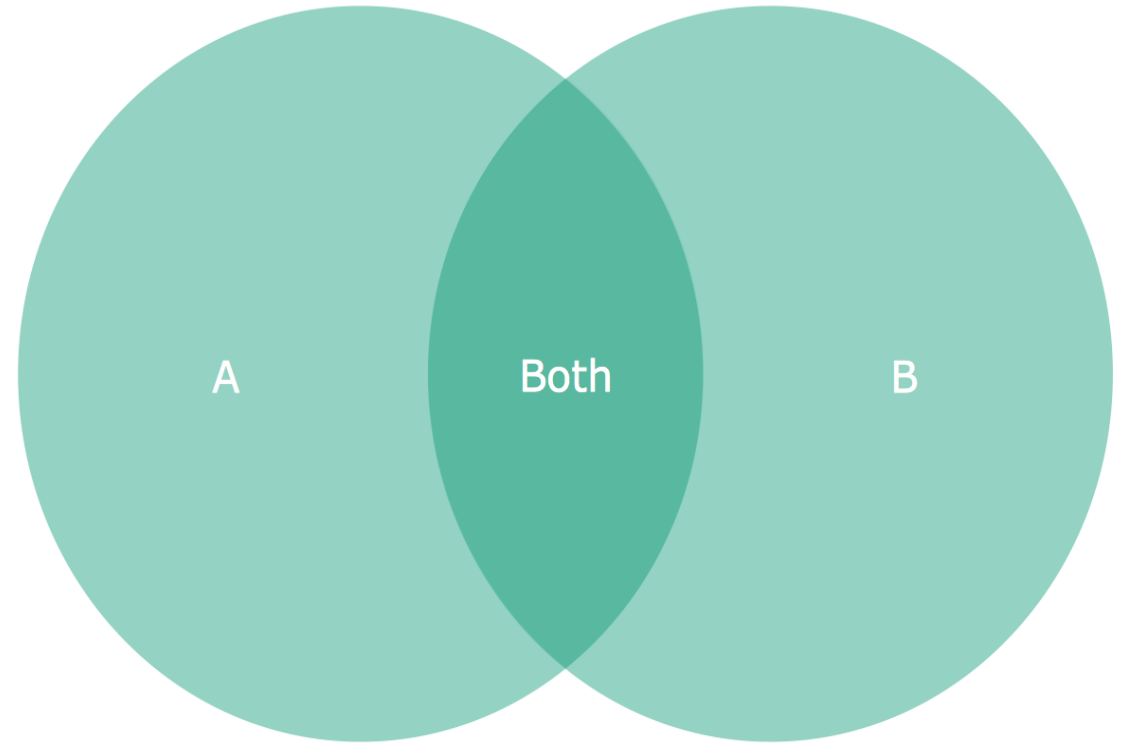
What Role Do You Play?

Characteristics of Roles

- Can be hard to change
- The role you become may limit yourself
- The more roles you play, the more factions you're involved with
- Roles can create opportunities for influence

Formal Roles

- Roles that are typically related to titles and organizational charts
- Represent a static hierarchy

Informal Roles

- Connection outside of the organizational chart
- Regardless of title, someone can motivate others and others can look up to them

Authorize Yourself to do Adaptive Leadership

Separate Self from Role ⬅

Roles can enable and constrain us

> We are **not** our roles ⭐

> Our roles are tools

- Different Roles are necessary and useful and provide different tools

- Each role is you, but you are not just your role

- Give yourself permission to play different roles authentically

- Think about where you have influence

Self vs Role Wrap Up

- You can have multiple identities of your self

- You can use different identities of yourself based on what role you are playing.

- Identify your capabilities, vulnerabilities, and triggers

- Your role is your expectations and services provided in a social system

- Be able to distinguish yourself from your role