



## Psych.E.In. MOOC 1

### Unit 7

#### 5.2 - Check your leadership: self-efficacy exercise

Self-efficacy can be changed through practice and training. If you feel prepared, you are more likely to be confident and to assess information and make decisions effectively as you deal with both the situation and your staff. Your leadership, that is your authority and your capacity to influence, will improve.

1. I know who to call if I receive a report of an occurring or impending crisis.
2. I am sure what my role and my responsibilities would be in a crisis.
3. I frequently review the crisis response plans that my unit has in place.
4. I have adequately practiced my unit's crisis response plan.
5. I keep others at work up to date on the best way to reach me in a crisis.
6. I believe my unit's response plan is the best it can possibly be.
7. I have a system in place that can rapidly and accurately account for the staff in my team/unit that fall under my scope of responsibility.
8. I have established effective liaison relationships and mechanisms in advance.
9. I am aware of any special needs my staff may require in case of emergencies.
10. I have built a cross-functional team to deliver any services or continuity of work required in an emergency situation.

Source: Tool kit for United Nations Leadership in Emergencies, p. 32