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Leadership Competency

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### Jamie Tworkowski 's Leadership Competency

A leader does not always have to be someone that holds a high political status. A leader can come from anywhere. Jamie Tworkowski is the founder of the charity organization called To Write Love On Her Arms (TWLOHA). He had started the organization as a way to help people who suffer from depression, suicide, addiction, and other mental illnesses. He contains qualities of a leader due to having many positive characteristics pertaining to Ruben's analysis on making a great leader such as being analytic and personal. Tworkowski also shows great organizational skills which also demonstrates that he is an ideal leader. Overall, Jamie Tworkowski's great leadership skills are exemplified through his work in his organization.

A leader like Jamie Tworkowski has very good analytic competencies such as being a great problem solver. "...problem definition refers to the need for leaders to be adept at determining the essence of a problem or challenge" (Ruben, 2006, p. 16). Jamie Tworkowski is a great problem solver because he helps people cope with different mental illnesses like depression and anxiety. He had recently linked a blog post that he had written two years ago before the release of his book on how to cope with these illnesses because he understood how difficult it can be for people who are dealing with these illnesses. Part of the blog post states, "It's okay to slow down. You are here for more than grades, more than a job, more than a promotion, more than keeping up, more than getting by. This life is not about status or opinion or appearance"

(Tworkowski, 2016 Aug 11). Tworkowski understands that young people especially struggle with depression due to the pressures of society and he lets them know that their self-worth does not have to be defined by certain factors. He knows that these pressures are very damaging to people mentally, so he assures them that they are worth a lot more than what society may tell them. Leaders like Jamie Tworkowski also have very good system/organizational analysis skills. He is able to understand the overall situation and somehow connect everything together in order to help people. Ruben also states that a leader needs to be able to identify the “whole picture” in terms of a problem to truly understand and solve it (Ruben, 2006, p. 18). Tworkowski is a strong advocate of the movement called World Suicide Prevention Day and he discusses the overall issue of suicide by showing statistics and he strives to somehow understand and solve this problem. “According to the National Center for Health Statistics, the overall suicide rate in America rose by 24% between 1999 and 2014. In 2014, 42,773 Americans died by suicide. But this isn’t just a problem in our country. More than 800,000 people die by suicide around the world every single year. The numbers are hard to fathom, and they don’t even begin to tell the stories” ( Tworkowski, 2016 Aug 15). Tworkowski understands the severity of the suicide statistics and understands that many people are affected by suicide- especially family members and friends who have lost loved ones. Therefore, he works hard with the organization he founded in order to spread awareness and positivity with World Suicide Prevention Day. This movement celebrates people who were able to fight their depression and suicidal tendencies and also spreads awareness to help people who are still struggling.

Jamie Tworkowski also contains personal competencies as a leader. He shows a lot of enthusiasm in certain aspects and this is very important for a leader to have because a leader who

shows a lot of positivity and a great attitude tends to be able to have people follow them according to Ruben (2006, p.29). As previously mentioned before, Tworkowski is very enthusiastic in helping people, so he reminds people to celebrate World Suicide Prevention Day through picture posts. He posted a tweet that said, “Welcome to National Suicide Prevention Week” along with a picture that said “Suicide prevention starts here” ( Tworkowski, 2016 Sep 5). Leaders need to encourage people to participate or convey some sort of passion for movements they advocate for in order to show enthusiasm towards their followers. Followers are more drawn to people who are able to lift up and show an energetic side to them. Ruben (2006, p. 30) has also stated that leaders who have personal conviction and persistence in their personal competencies tend to be more successful as well. When someone has personal conviction and persistence it means that he/she shows a strong commitment and perseveres through difficult situations. Tworkowski showed his personal conviction and persistence (2016 August 3) when he revealed that he would be releasing a book that he wrote called If You Feel Too Much. In his post he had shown to his followers that he had written the book during a very difficult time in his life and he had struggled with many problems as well. However, he was able to keep going with his life and ended up writing the book. His tweet can also tie back to the enthusiasm and connection with his personal conviction, because he strongly encourages people not to give up and that he can relate to others who have also struggled with mental illnesses. He has endured a lot, and his commitment and endurance is what qualifies him as a great leader.

A leader should also have great organizational competencies, and Tworkowski displays these skills through his management and supervision skills as well as his technological capabilities. Tworkowski displayed great management and supervision skills when he also

released an expanded version of his book and announced that he would be going on tour (2016 August 4). The fact that he was willing to organize another book tour (he had arranged one previously) shows that he is great at organizing events and he also manages things pertaining to his organization very well. When people organize events, they need to be able to manage and supervise and Tworowski shows that he is capable of doing so since he manages an organization that plans events like book signings and discussions in order to bring people closer as well as help spread awareness about depression and suicide. Technological capability is another important aspect to having organizational competency. Ruben (2006, p. 48) states, that contemporary leaders should have a strong understanding on how to use technologies. This is very crucial in terms of leadership because due to the digital age that this current society is in, a leader needs to be aware of how to use technology as another platform to lead people.

Tworowski is very proficient on social media sites like Twitter because he uses these platforms to spread information and communicate with his followers. He shares encouraging tweets and events to help him advocate his movement (2016 September 28). In today's society it is very important for leaders to know how to utilize technology because it allows them to have another medium to enhance their leadership skills.

According to Ruben's description of leadership competencies, Jamie Tworowski is a very effective leader. He contains analytic, personal and, organizational competencies that display his leadership in his organization that he founded. To Write Love On Her Arms is one of the most influential and most successful organizations around due to Jamie Tworowski's great leadership skills. Without the leadership competencies he contains, he would not have been able to spread positivity and important information about depression and suicide towards many

people. If more people were able to follow his example, there would be even more successful leaders and people would constantly be striving to do their best in whatever they pursue. I feel that I lack in certain aspects like Jamie Tworkowski because I do not contain the great analytic skills he contains as well as the enthusiasm compared to him. I feel that if more people like myself are also able to follow his example, then my leadership skills would increase a lot more than they currently are right now.

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