

Self-leadership and Happiness within the African Working Context

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ABSTRACT The aim of this conceptual and theoretical research, is firstly to integrate self-leadership and happiness by means of a model and secondly to discuss the effect of self-leadership on happiness in order to apply it within the current African working context. A nonempirical research paradigm (conceptual research) was adopted. The social learning theory was utilised to integrate self-leadership and happiness and made applicable within the working situation. It was indicated that self-leadership can have an effect on happiness within the African working context. By implementing self-leadership and happiness practices, and integrating traditional African values and beliefs into that, all African employees will be aided in the achievement of their working potential.