

# GO FOR LEADERSHIP



LEADERSHIP SKILLS FOR  
ALL ASPECTS OF YOUR LIFE

## CHECKLIST

### **What defines leaders**

- o They know their goals
- o They do small things every day to reach their goal
- o They help others move forward in their projects
- o They remove others' doubts

### **Emotional quotient is the most important determinant of leadership**

- o Accounts for 90% of the variance
- o Required to learn leadership skills

### **The benefits of acquiring leadership skills**

- o Experience a productive life
- o Increase the abundance
- o Increase resilience
- o Perform more effectively
- o Experience less stress
- o Improve your relationships
- o Practice better communication skills
- o Acquire self-awareness and self-confidence
- o Become creative and innovative
- o Be perceived as trustworthy and competent
- o Become dependable, reliable and competent

### **Leadership is not a natural skill in most of us**

- o Only 10% of the population are natural leaders
- o The best leaders have a growth mindset
- o Leadership can be developed with time, patience, and practice

### **Top abilities of leaders**

- o Strategic thinking
- o Inspiring and motivating
- o Critical thinking, analyzing and problem-solving abilities

- o Demonstrating transparency, integrity, and honesty
- o Developing other

## **Qualities of good leaders**

- o Responsibility
- o Awareness
- o Confidence
- o Decisiveness
- o Empathy
- o Focus
- o Honesty
- o Inspiration

## **Reach your goals with the GROW model**

### **Goal**

- ♣ Identify your goal or your objective

Be clear, concrete, and always focus on the target

- ♣ Type of question to ask

What do you want to accomplish in life?

- o Reality

- ♣ Describe the current situation and how is the current situation limiting you

How can you be empowered to reach your goal?

List the weaknesses and strengths you have for achieving this objective

- ♣ Type of question to ask

How do I feel in regard to accomplishing my goal?

What are the barriers to my goal?

What resources do I have to help me with my goal?

Am I resisting something in regard to my goal?

## o Options

- ♣ Consider all options, including the most far-fetched ones

Get out of standard solutions, be creative, and innovate

List all the possible actions to help you reach your goal

- ♣ Type of question to ask

How can you lift the barriers that limit you from reaching your goal?

If you had a magic wand, what option would you choose to realize your objective?

If you had more time, what would you do?

What if you could start all over, what would you do differently?

## o Will

- ♣ Make a commitment and take actions

This is where you decide what you will do

- ♣ Type of question to ask

Which option is your best and most actionable?

What is the first step or action?

When is your start date?

Self-Awareness

- o Critical to leadership

- o Ability to know oneself as a leader

- ♣ Mindfulness

- ♣ Meditation

Inspiring agent of change

- o Learn to embrace change

- o Support others

- o Show compassion toward others
- o Lead by example

## **Barriers to leadership**

### **o Feedback**

- ♣ Don't react immediately
- ♣ Understand the feedback
- ♣ Don't let it get to you

### **o Moving to action**

- ♣ Don't get stuck in the planning
- o Accepting responsibility for mistakes
- o Facing disagreement
- o Confidence when facing failure
- o Maintaining focus
- o Staying humble
- o Learn When to Step Aside

## **Develop Your Leadership Skills**

### **o Practice mindfulness**

- ♣ Benefits
  - Be attentive
  - Be vigilant
  - Be self-aware
  - Be self-regulated
  - Understand others

- ♣ Technique
  - Deep breathing
  - Mindful walking

### **o Practice courage**

- ♣ Admit That You Are Afraid

- ♣ Accept Your Fear
- ♣ Observe Your Fears
- ♣ Be Vulnerable
- ♣ Surrender
- ♣ Find an Inspiration
- ♣ Be Resilient
- ♣ Nothing Is Perfect.
- ♣ Try Something Difficult
- ♣ Train Yourself to Be Conscious
- ♣ Create

## **Become a great leader**

### o Essential qualities to develop

- ♣ Self-confidence
- ♣ Vision
- ♣ Open-mindedness
- ♣ Exemplarity
- ♣ Consistency in values and convictions
- ♣ Multidisciplinary intelligence
- ♣ Empathy
- ♣ Freedom
- ♣ Responsibility
- ♣ Take the initiative
- ♣ Defend and impose his ideas gently and respectfully
- ♣ Communicate effectively
- ♣ Recognize the talents of others
- ♣ Invite change and innovation
- ♣ Motivate and recognize others