



GO FOR LEADERSHIP

1. The benefits of acquiring leadership skills

- 1.1. Experience a productive life
- 1.2. Increase the abundance
- 1.3. Increase resilience
- 1.4. Perform more effectively
- 1.5. Experience less stress
- 1.6. Improve your relationships
- 1.7. Practice better communication skills
- 1.8. Acquire self-awareness and self-confidence
- 1.9. Become creative and innovative
- 1.10. Be perceived as trustworthy and competent
- 1.11. Become dependable, reliable and competent

2. What defines leaders

- 2.1. They know their goals
- 2.2. They do small things every day to reach their goal
- 2.3. They help others move forward in their projects
- 2.4. They remove others' doubts

3. Emotional quotient

- 3.1. Accounts for 90% of the variance
- 3.2. Required to learn leadership skills

4. Qualities of good leaders

- 4.1. Responsibility
- 4.2. Awareness
- 4.3. Confidence

4.4. Decisiveness

4.5. Empathy

4.6. Focus

4.7. Honesty

4.8. Inspiration

5. Self-Awareness

5.1. Critical to leadership

5.2. Ability to know oneself as a leader

5.2.1. Mindfulness

5.2.2. Meditation

6. Inspiring agent of change

6.1. Learn to embrace change

6.2. Support others

6.3. Show compassion toward others

6.4. Lead by example

7. Reach your goals with the GROW model

7.1. Goal

7.1.1. Identify your goal or your objective

7.1.1.1. Be clear, concrete, and always focus on the target

7.1.2. Type of question to ask

7.1.2.1. What do you want to accomplish in life?

7.2. Reality

7.2.1. Describe the current situation and how is the current situation limiting you

7.2.1.1. How can you be empowered to reach your goal?

7.2.1.2. List the weaknesses and strengths you have for achieving this objective

7.2.2. Type of question to ask

7.2.2.1. How do I feel in regard to accomplishing my goal?

7.2.2.2. What are the barriers to my goal?

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

7.2.2.4. Am I resisting something in regard to my goal?

7.3. Options

7.3.1. Consider all options, including the most far-fetched

ones 7.3.1.1. Get out of standard solutions, be creative, and innovate

7.3.1.2. List all the possible actions to help you reach your goal

7.3.2. Type of question to ask

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

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

7.3.2.3. If you had more time, what would you do?

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

7.4. Will

7.4.1. Make a commitment and take actions

7.4.1.1. This is where you decide what you will do

7.4.2. Type of question to ask

7.4.2.1. Which option is your best and most actionable?

7.4.2.2. What is the first step or action?

7.4.2.3. When is your start date?

8. Top abilities of leaders

8.1. Strategic thinking

8.2. Inspiring and motivating

8.3. Critical thinking, analyzing and problem-solving abilities

8.4. Demonstrating transparency, integrity, and honesty

8.5. Developing others

8.6. Driving results

9. Leadership is not a natural skill in most of us

9.1. Only 10% of the population are natural leaders

9.2. The best leaders have a growth mindset

9.3. Leadership can be developed with time, patience, and practice