

## Leading The SELF

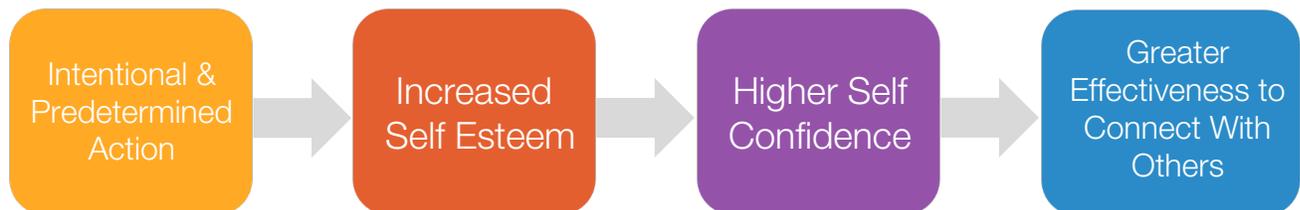
Whenever I am asked to deliver a keynote presentation or facilitate a learning and development initiative, I always start off with the saying “*Leadership is first and foremost a way of being, not a position or job title.*” Great leaders grow by leading themselves. They know their purpose, they set a goal to accomplish, and they act according to their values.

However, in these times of volatile change, one of the biggest challenges I have observed is the current and future leader’s ability to “**effectively lead themselves**”. Before leading others, leaders must be grounded and confident in their own values, preferences, communication styles, and ways of handling situations with large amounts of stress and pressure.

Looking back at my own life, I have had the amazing opportunity to work with many leaders from all industries and sectors, and I have realized that the same foundational element to leading others is being able to *lead the self*.

“One of the most important lessons I’ve learned in my career is that before I could ever expect to be an effective leader, I needed to be able to lead myself.”

When we are able to take responsibility for the decisions we make in all areas of our life (personal and professional) and we are making those decisions in our own best interest, we are better able to have a positive and inspiring impact on others. A powerful formula for this is:



To increase your leadership of self or help others develop their personal leadership, start with the following critical competencies: *mindset, energy and support*.

- A. **Mindset.** Mindset is defined as “a fixed mental attitude or disposition that predetermines a person’s responses to and interpretations of situations.” Having a positive attitude and perspective about personal leadership and making decisions that are in your best interest is the first step towards building strong personal leadership skills. By having positive beliefs and expectations when you make choices in your own best interest and setting intentions for positive outcomes, your positive mindset about personal leadership will all increase.

“The brain works 31% more effectively when in a positive state of mind.”

\*Chris Voss, Former FBI Negotiator & Blackswann Security, CEO

Our perspective about personal leadership and building strength in this area will be the foundation of our success and will translate to leadership skills at work.

- B. **Energy.** How are you managing your energy? Are you taking time to renew yourself and do things to nurture yourself? This all supports you in being able to make the choices that will lead you in directions that are best for you. Additionally, this translates into your leadership skills at work. Managing your energy in all areas of your life enables you to give your best both personally and professionally and to be at your best when you are both at home and at work.
- C. **Support system.** Having strong personal leadership skills means you have a network of people to support you through making choices that are in your best interest. These people are your sounding boards, trusted colleagues, family and friends, and anyone who you define as a part of your inner circle of confidantes. These are the people you know and trust. They are the ones you can bounce ideas off of, vent to, and seek advice from.

This, again, translates to your being a strong leader at work. We all know the importance of having a strong network in our careers. People who can advocate for us, listen to us, help us, and for whom we do the same. Strong personal leadership skills require the same type of network.

Strong personal leadership is about being the best leader in your personal life, just as you are in your professional life. It's about making the choices and decisions in your own best interest, just as you do when you make work decisions that are in the best interest of your company or your team. It's about taking full responsibility for the choices that work best for you so you can be your best for others.

Having strong personal leadership skills also makes you an outstanding role model for those you lead at work and demonstrates these vital skills for them to carry themselves with the same mentality.

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With over 20 years in the learning, development and training industry, Corey is well known for his ability to connect with any audience at any size. He has provided participant focused learn and development design and consulting, professional speaking, coaching and training for organizations - of all sizes - across North America. He has a focused results-based partnership approach to develop and deliver customized solutions that meet an organization's unique business needs and resolve their most significant issues, helping them to create a lasting competitive advantage.