

Bring out the Leader in you...

You are a born leader, however in your journey to adulthood you have laid multiple layers on your core leadership attributes. These attributes come to the forefront in your crisis situations. But why only at the time of crisis you experience your core leadership traits?

Leadership qualities come to the forefront by the virtue of The Three R's – Roles, Responsibilities, and Reactions to our circumstances. When we play the different Roles in our life, perform varied Responsibilities and React to different circumstances is when we experience our innate qualities. If we are mindful enough to recognise those qualities at that moment of truth and hold them to further hone them, is when we start peeling our layers and bring out our innate leadership qualities.

Be aware of your strengths, be mindful of your actions and be respectful of the present moment for it has the power to bring out the best in you.

Take the Control of Mind

“It’s all in the mind.” You must have heard this statement at least once in your life. The mind consumes 70% of the energy produced or accumulated by your body, channelizing all the energy before and after the thought, before and after the decision-making, and before and after the action. In short, the mind controls all your thoughts, decision-making and actions. Hence to be a leader, it is pertinent that your mind is completely under your control which would mean that you are always in the present moment and mindful of your thoughts.

Self-Managing

It’s hard to manage others effectively if you can’t manage yourself. Self-managing means being able to prioritize your goals and being responsible for accomplishing those objectives.

As an effective leader, you must be able to regulate your time, attention and emotions, while remaining aware of your strengths, weaknesses and potential sources of bias. Exceptional leaders are adept at handling stress and balancing their personal and professional lives. But you must also remember the importance of compassion and be able to respond to people and events in an appropriate way and maintain self-control and discipline in your actions, though you should avoid becoming overly reserved or inflexible. This only comes when you are cognisant of your energy flows – it’s consumption and conservation.

Accept Criticism

To be a leader it is important to understand the importance of other people’s thoughts and adopt the ability to shift our preconceived notions to the side so we can offer acceptance in response to their thoughts even if they are against us. It is an imperative step in the direction of becoming a leader

Practice control of your emotions

Just remember when you react, you let others control you. Whereas when you respond, you are in control.

By allowing yourself the 5-second window to analyze the situation and notice what it is you are actually feeling, we can prevent ourselves from making irrational decisions.

Consistency

The other key factor is getting started and making progress consistently. My recommendation is to take them on in order and focus on adding a new habit layer each week.

First, decide on your Daily March. Commit to the morning and evening focus times – even 5 minutes each is enough to start the rhythm.

The following week, sketch out your schedule template. In most cases, you'll spot areas of inherent conflict or stress, and areas of opportunity. Focus on making one small adjustment at a time.

As you can, carve out two hours for your Weekly Review. Print the outline and focus on the first three sections: gathering, reflection, and planning. Over time, you can add the fourth.

Once you're feeling in rhythm, think about how well your meetings are "performing." Are they productive? If not, what small adjustments could make them better?

As your group meetings are more productive, it's a good time to turn focus to your one-on-one meetings. Pick a week with available time, and make it a point to spend time with each of your direct reports. Remember that the first meeting can be focused on re-establishing the relationship and communicating that you care.

Finally, if you're finding that your team's progress is stalling, set aside time to clarify your vision. Does it need a refresh or update? As you get clarity for yourself, be sure to share that with your team. They'll welcome the focus, too!

Mastering these habits will make you a better leader. I've seen hundreds of executives, entrepreneurs, parents, and other leaders make this journey successfully. The key is getting started and making progress consistently. My recommendation is to take them on in order and focus on adding a new habit layer each week.

Detach your opinion from others

When practicing leadership, opinions don't matter as much as the ability to listen does. The voices inside of our heads that combat the words of the other person can have a detrimental impact on the progress of our leadership goals. So, know when to share your opinion and when it is time to detach it from the situation.

Remember, Leadership is not always about being the strongest, bravest, and most intelligent person in the group. It's your vision & thought process makes you different and superior from others.

Respect...

The most important is giving respect. The trade of respect is well defined by nature. You will get respect only, when you give it. Respect people for what they do. Doesn't matter what level they are, they are doing their best in their abilities to perform for whatever job is assigned to them. By showing a little respect to all you deal with, you command unfathomable power, which makes you the real leader.