HOW TO GET YOUR LEADERSHIP Mojo BACK FAST

LEARN EXACTLY HOW TO CLAIM YOUR HIGHEST POTENTIAL LEADERSHIP ENERGY

with Angela Koning, Equenti Leadership & Learning

LIT LEADERS

- INTENSIVE -

Congratulations on taking this first step, by acknowledging that your leadership energy has faded.

Many managers don't get this far, which means they're missing out.

Because when you take steps to get your leadership mojo back, you allow yourself to see more opportunities. You can also inspire and connect with your team better.



This leads to increased productivity, and way more enjoyment and fulfilment at work.

Importantly, the leaders who bring their full potential to the table get results that others still struggle to even imagine.

And, accessing your most functional leadership state – even when your external circumstances are challenging – comes from doing the 'inner work'.



Mindset and 'mojo' are real. They're a critical part of being a successful leader in the ever-changing work environments we all operate in. The truth is that you need to be **mentally engaged** in your discipline and industry. You also need to be **physically**, **emotionally** and **spiritually** well, to be a strong leader.



Where is MY work!

(Mental

What am I attending, watching, listening to and reading that keeps me engaged with my discipline and industry?

Thysical

What health, fitness, sleep, nutrition and other routines must I attend to so that I can bring all of the energy I required to my leadership?

Fmotional

How do I stay emotionally healthy, allowing myself to fuly experience the natural emotions of life and leadership?

Spiritual

How do I stay mentally clear, energised, centred and 'alive' in my experience of life and leadership?

Leaders who take care of the inner work in these four areas can show up for their teams with energy, clarity and stability – even (perhaps especially) in a crisis.



Step 1 - Check on your mental state

This is about asking yourself how you're keeping your MIND sharp and your skills relevant.

Ask yourself:

- How are you staying up to date?
- How are you keeping current with what's going on in your discipline right now?
- What are you watching, reading and listening to? Is it all contributing to your skills and knowledge?

REFLECTION

In response to the questions above, note down a few things you could do to improve your mental state for leadership:

Step 2 - Check on your physical state

Look at your routines around sleep, exercise, nutrition, and maintaining your physical energy.

Do you need to work on anything there that would help you feel well?

Ask yourself:

- Do you need more sleep?
- Do you need to change your exercise routine or improve your diet?
- What changes could you make to feel more physically energised?

REFLECTION

In response to the questions above, note down a few things you could do to improve your physical state for leadership:

Step 3 - Check on your emotional state

How are you looking after your emotional wellbeing at the moment?

Ask yourself:

- Are you distracting yourself from your emotions?
- Are you allowing yourself to experience the natural ride the highs and lows of leadership in a safe way?
- Do you need to make any changes, or get any support, with your emotional state?

REFLECTION

In response to the questions above, note down a few things you could do to improve your emotional state for leadership:

Step 4 - Check on your spiritual state

Take a moment to acknowledge your spiritual health.

For some people, this may mean their religious faith. But what I'm asking you to consider here is whatever keeps you grounded and feeling alive.

Ask yourself:

- What makes you feel energised, clear and grounded in your body?
- Of those things, what do you most love?
- How can you access that right now?

Sometimes, you'll need help discovering what you love, but it's important not to ignore this final step. Because if you don't deal with your spiritual state, something will be missing from your leadership mojo.

REFLECTION

In response to the questions above, note down a few things you could do to improve your spiritual state for leadership:

You're now on your way to becoming an energised, inspiring leader

When you're well-resourced in each of the four areas listed above, you'll be able to choose (more often and more consistently) a functional, constructive leadership state.

You'll be able to harness your highest potential leadership energy to create amazing results.

Are you up for the challenge?

Want more leadership insights and tips? Follow me on <u>Facebook</u> or <u>LinkedIn</u>

What clients are saying



I just want to say thank you for the valuable input you have had in my life over the last couple of years.

As a leader of people in the electricity industry I am often challenged – where there are people, there are challenges. But as I have been learning, the issue, for the most part, is not out there somewhere, or with some other personality to blame, but with myself.

You have a real gift in being able to locate what is most important... or where the real answers lay, hidden within. You are not afraid to ask the difficult or sometimes confronting question, but that is what a coach should be like.

David Pearce, Energy Sector

LEAD YOURSELF WELL AND EVERYTHING ELSE FALLS INTO PLACE.

ANGELA KONING

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