

Quick Tips on Leadership Development

build your CONFIDENCE!

Everyone has the ability to improve his or her confidence. Contrary to what some people believe, confidence has little to do with the external parts of our lives, such as relationships, career choices, success, etc. Building your confidence starts from the inside out!

The first way to build your confidence is by setting goals:

- (1) Be clear on your values
- (2) Make a habit of asking for what you want
- (3) Remember not to take things personally
- (4) Trust your own choices

If you are in the habit of always seeking an opinion or asking for approval (even without saying it directly), then resolve to stop doing it.

If you have a feeling that you should or shouldn't do something, then follow your own instincts.

Nobody will validate your beliefs completely anyhow; so you may as well just live the way you feel is right. More often than not, you'll be glad that you did.

You vision as a leader

It's important for leaders to take the time to write down their vision for the future. Who do you want to be as a leader? Who do you want your organization to be in the community? Below are some questions to reflect on and then use to write a vision statement. A written vision can help guide you as you make decisions - measure your choices against your vision. Does decision A, B, or C help you be the person / organization you envisioned? What images come to mind when thinking of the future? What does it look like, sound like, taste like, and feel like? What symbols or pictures best represent your vision of the future?

- What is your ideal work community? What do you personally aspire to create?
- What is unique about your hopes, dreams, and aspirations? How is it distinctive compared to all the other visions of the future?
- When you project this into the future 1, 5 or 10 years, what does it look like?
- How does this vision serve the common good? What's in it for others to align themselves with this vision?

"To lead tomorrow, learn today."

John C. Maxwell

Leadership is developed daily, not in a day. No matter where you are starting from, you have the ability to improve. **Take advantage of the many resources and opportunities around you. Strive to learn something new each day.** Encourage those around you to do the same.

- Take an LDS workshop on a leadership skill you need to improve.
- Sign up for the Emerging Leaders Program.
- Read a book on a famous leader - what style/skill did they have you'd like to adopt?
- Keep a running list of the experiences you'd like to have. Seek out a staff person to discuss how you might gain those experiences while at NC State.
- Take a class on leadership - EAC 301 or a leadership class in your major.
- Join a club and begin using your skills and talents to benefit others.
- Run for a leadership position or office.

LOOKING AT THE **BIG PICTURE:**

Once, while skiing in Sun Valley, Idaho, I found myself in a class that was much more daring than I was ready for. Most of the time we were on steep slopes that scared me to death. However, we had a great instructor who told us something I will never forget.

He said, "Keep your eyes on the distance. Look at the skyline and the beautiful mountains. Keep looking ahead. When you see yourself as part of the big picture everything appears to be moving very slowly. On the other hand, if you look down at your feet, you seem to be moving so fast you are out of control."

When you get scared: Keep your eyes on the big picture.

From *To Lead Is To Serve - How To Attract Volunteers & Keep Them*

No one has to lose for you to win...

The degree and spirit of competition in any society or group is largely a matter of choice, not the inevitable result of some characteristic of human nature.

Many people erroneously assume that beating others and performing well or succeeding are identical. They are not. Dominating others in a zero-sum contest is only one limited measure of winning. Many other aspects of success require no one to lose in order for you to win. In fact, according to one study, "superior performance not only does not require competition; it usually seems to require its absence."

Every time you get competitive, lighten up - and focus on discovering new ways to excel. Whenever you notice you're comparing yourself to others, change the view.

Quoted from The Other 90% by Robert K. Cooper

HOW TO BECOME AN "EJ" LEADER:

Emotional Intelligence is the ability to manage our relationships and ourselves effectively. "EI" consists of four fundamental capabilities:

- 1) Self Awareness
- 2) Self-Management
- 3) Social Awareness, and
- 4) Social Skills

The skills of emotional intelligence can be learned at any age.

Emotional Self Awareness; Accurate Self-Assessment; Self-Confidence; Self-Control; Trustworthiness; Conscientiousness; Adaptability; Achievement Orientation; Initiative; Empathy; Organizational Awareness; Service Orientation; Visionary Leadership; Influence; Developing Others; Communication; Change Catalyst; Conflict Management; Building Bonds; Teamwork & Collaboration