



The Human Dimension

THE LEADER WITHIN

February 2008

THE LEADER WITHIN © is a free monthly subscription only e/newsletter published by Gary Russell and The Human Dimension. Please pass on THE LEADER WITHIN to those in your network. Details on how to subscribe are at the end of this newsletter.

"We provide customised services and programs to improve personal, team, leadership and organisational resilience and capacity."

We find improved performance is the reward for your investing in people.

The emphasis in THE LEADER WITHIN is on the changes and growth we make within ourselves, as leadership is basically a personal growth experience over time.

'For things to change first I must change.'

Becoming a Resilient Leader:

Resilience refers to our personal capacity to withstand the buffeting we get and then to bounce back creatively. With constant change, information overload, increasing demands and expectations this element of leadership is absolutely essential.

Being resilient means not 'disappearing', running away or giving up when it gets hard. It is about each of us being able to move forward when the odds are against us and to find a way to keep going. It is the opposite of being stubborn or rigid. Think 'bamboo' – strong yet flexible.

Resilience is something we can learn about and develop over time. Some of us are better at it than others; however if we are to thrive, and not just survive, it is imperative for all of us.

Here are ten ways of becoming more resilient.

1. Clean out your 'closet' – **'travel' light** – deal with the emotional baggage from the past. Carry no regrets, forgive, move on and drop feelings of resentment or guilt stemming from negative experiences with parents, school, friends and family. Be emotionally clean and not weighed down by the past. There is much to do.
2. Know what nurtures you and **ensure you have plenty in reserve**. Do not attempt to live 'on empty'. This century is not the one where we can succeed merely based on exerting our will against the odds, rather it is a time when things are moving and changing so fast that we have

to learn to align with the natural flow and energy all around us and **be optiminally ready to respond**.

3. Be connected with others and **build community around you** or get connected to a community that affirms and replenishes you. Look for unity, collaboration, harmonizing with difference, and learn to cooperate with others. This ultimately is more sustainable and engenders greater power.
4. **Practice 'prayer'**. Prayer is our underling intention we bring to daily activities and is the process of aligning our will with the positive and creative forces in the universe for the good of all humankind. It is wanting the best for others and ensuring our inner intentions are for positive results for all.
5. Come from the heart, not just the intellect alone. **Develop compassion, wisdom and the capacity for self-reflection and change**. Practice those virtues that enhance your inner qualities to become a better person.
6. Contribute to the lives of others, starting with your family, friends and colleagues. **Seek to add value** and quality.
7. **Develop your character**, skills and capabilities. Become emotionally and spiritually competent in order to be fully alive, on purpose, aligned and focussed.
8. Understand and accept that the biggest change you can make and the most effective way you can contribute to a better world in this century is to **change your self**. This is because of the new science, which is showing us that our inner attitudes we bring to each of interactions produce the results that show up in our lives. We are increasingly moving from an outer to an inner focus to ensure sustainable change in our world.
9. Accept that failure, problems and unexpected disasters whether personal or otherwise, though often devastating, are part of the fabric of life. **It is how we respond to those challenging situations that really count**. We don't always understand or accept this, however it is part of the strengthening of the human condition.
10. **Replace fear with love** as your primary operating system. Fear shrinks and diminishes us. It breeds mistrust and hatred. It inhibits our understanding. It generates a them-and-us perspective, which further engenders more fear. Love on the other hand, expands and connects. It allows possibilities and exploration. It invites collaboration and cooperation. Choose wisely.

Call to Action:

Take time to reflect on where you could improve and perhaps make some changes. Think about the benefits and the positive results which might come from these changes in your and the lives of others. Speak to someone else about what they perceive and discuss where might be a good place to start.

Above my desk is the Desiderata text (in a frame with my favourite bird, the Pelican, in the background which my family gave me for my birthday) and it begins with: *“Go placidly amid the noise and haste and remember what peace there may be in silence –“*

A timely reminder don't you think?

© 2008 Gary Russell. All rights reserved. You are free to use material from THE LEADER WITHIN eZine in whole or in part, as long as you include complete attribution, including live web site link. Please also notify me where the material will appear.

The attribution should read:

"By Gary Russell of The Human Dimension.

Please visit our web site at <http://www.humandimension.com.au> for additional articles and resources.

Written by:

Gary Russell, BSW. Grad. Dip. Soc.Sc. MCC (Master Certified Coach)

The Human Dimension Pty Ltd

Ph. 61 *2 6296 4133

Fax. 61 *2 6296 4144

Email: Gary@humandimension.com.au

Web: www.humandimension.com.au

PO Box 3083

Weston ACT 2611

AUSTRALIA

To subscribe to THE LEADER WITHIN © go to:

<http://www.humandimension.com.au/pages/contactUs/newsletter.html>