

# 5 Straightforward Tips to Become a Better Leader

## 1) Begin your day with something that lifts and expands you

Whether it be a book, a podcast or quiet reflection, start each day in a way that builds you up. If you're a committed news follower, save it for later. Most news tends to be negative and fear-based, which works against creativity and clarity of mind. Strengthen and fortify yourself as a first course of action and set the stage for the rest of your day.

## 2) Engage in some form of personal development

Effective leaders are avid learners. Leadership is a craft; its form is you, the person that steps into the role. The degree to which leadership is mastered is directly correlated to the degree to which the leader develops and evolves...as a human being. Technical skills and business knowledge are important, but the arc of true leadership requires more. Whether it be learning a martial art, developing greater emotional intelligence or fine-tuning your mental attitude, establish time for your own growth. Your leadership depends on it.

## 3) Make yourself accessible

This is a powerful and surprisingly easy move into greater overall connection with your people. Dedicate an email address or phone number that only you manage and have access to. Next, invite everyone in the company to use it to communicate what they perceive as the **really important** work-related issues or concerns they want you to know. It's critical that the invitation be genuine and that you manage the messages well. In most cases, this does not generate huge numbers of messages, but it's available and people know it. That, in itself, makes a significant difference.

## 4) Unplug from distractions once a day

Yes, we love our technology...cell phones, iPads, laptops and desktops. With that, we have introduced ourselves to a whole host of distractions. The emails, voice mails, alerts and notifications coming at us from every direction all play havoc with our nervous system and can powerfully affect our ability to focus, innovate, envision, make decisions and get clear. Essentially, impacting the key skills that good and great leadership depend upon. A decision to unplug from all the technological distractions for a period of time each day, can work wonders. Whether it be for 15 minutes or a half hour, take time to unplug from the world and reconnect with your own wisdom.

## 5) Invite input from people in the company

**Step 1:** Take a quiet moment and create a list of responses to this question: **“What would make the most difference to our company right now?”** Prioritize your list by importance and focus in on the top three.

**Step 2:** For each of your top three responses, ask various people in the company their thoughts about it; do they agree; if yes, how would they envision making it happen.

**Step 3:** Listen and take notes.

**Step 4:** Review the information, look for any new insights and determine a better informed next step.

