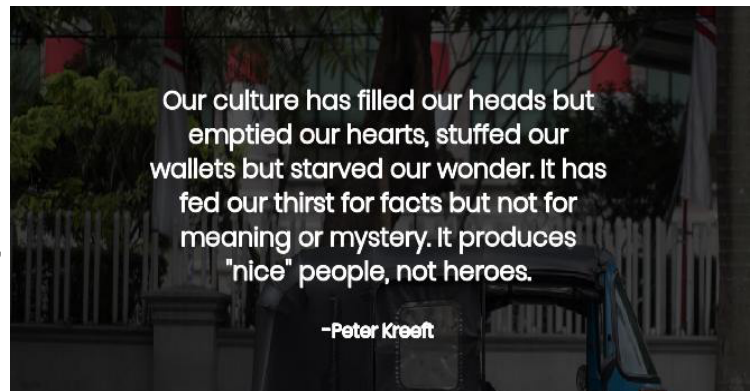




COACHING & INSPIRATION

“CHARACTERISTIC OF JOY”

There are very few things I've found with my young children that bring more joy to them than being around animals, especially baby animals! The sheer joy on their faces, and that radiates from their very essence, is contagious. The joy overflows from them to the point they can hardly contain their excitement. I can remember having this experience in my life a few times when I was younger and to be honest, I long for those moments even now in my leadership journey. I can't tell you how many times I've felt this way while coaching emerging leaders and watching them transform. I've felt this way in front of audiences, large and small, who are passionately engaged with the topic and the forum or presentation.



As leaders, we should strive to set an example of walking in Joy with those on our teams and those within our spheres of influence. You may be the only spark that is needed to ignite a passion in someone who will alter the course of history, how tragic if you were a wet blanket on their flame instead. Here are some thoughts about how to live out one of the most impactful leadership characteristics, JOY:

- 1. PROVIDE CONNECTIONS:** Bring your connectivity with others back to your original mission, vision and values. Give your connections purpose and you'll build incredible trust.
- 2. REVEAL THE HOLISTIC VALUE OF OTHERS:** All humans have an innate sense of belonging and as a leader, when you show appreciation and value of others, the return will be enormous.
- 3. EMBRACE THE JOURNEY:** Too often leaders try to mitigate every risk possible. While being prudent is necessary, so too is embracing the journey no matter what situation you're in.
- 4. DON'T TAKE YOURSELF TOO SERIOUSLY:** If laughter is the best medicine, does your team know you have the capacity to laugh at yourself? If they don't, they should. This builds trust.
- 5. BE FLEXIBLE:** Routine and schedules are key components to every leaders day, however; if you don't have the ability to adapt and improvise, especially for your people, you won't have trust.
- 6. REINVEST IN WHAT MATTERS:** Great leaders learn the skill of not wasting their time with things or people who waste their time. Invest in the greater good, not just your tasks.
- 7. PERSONAL & PROFESSIONAL RELATIONSHIPS:** Do you have people in your life personally and professionally you can go to for wisdom? All great leaders do, and they do it for others.
- 8. PLAY TO YOUR STRENGTHS:** So much leadership bandwidth is given to skills and abilities that will never mature or bring a return on the investment. Spending time in your lane yields results.
- 9. STAY HEALTHY:** You cannot maximize your influence with others, especially with Joy, if you are constantly tired, sick or not healthy. When you model this well, it gives you more freedom than you know.