



# Leading Others With **Whole Person Leadership**



Here are a three behaviors and skills leaders can focus on developing to embrace whole person leadership, stay competitive and on top of their leadership game. Master these, and you'll be light-years ahead of your peers:

## ▶ **Self- Awareness**

The foundation of successful leadership, self-awareness allows leaders to hold themselves and others accountable in ways that are thoughtful, fair, and in alignment with the values of the organization. A basic understanding that others in the organization experience it much differently that you may is critical to effective decision-making and connecting with your employees. Learn the ability to step out of your perception to get a better understanding of your organizational needs.

## ▶ **Emotional Management**

Leading an organization is stressful! As a leader you may be accountable for a lot, which can weigh on you from time to time. Learn to take time to self-reflect and to self-regulate your emotions. The cost of not doing so is impaired decision-making, damaged relations, and other negative impacts to your business. Spend time at the end of each day reflecting on what went well and what you could do differently. Think about situations from multiple perspectives and check your assumptions before making decisions- especially on decisions that will impact others.

## ▶ **Leading by Example**

Leaders have to model the behavior they wish to see in their teams, otherwise you risk confusing your staff, negatively impacting their trust and confidence in you and your leadership. Expecting your teams to behave and perform according to standards you don't even uphold is a fast way to lose respect and dedication, which can lead to quiet quitting and other ways to disengage- hurting your bottom line.