

Top tips for leaders



Intelligence and ability grow

They are not fixed traits – expertise takes 10,000 hours
No matter where you start, you can always change substantially
How are you growing yourself and your staff?

Create a growth mindset

Praise effort and application, not innate ability
What negative “labels” do you give yourself or others



What limiting beliefs stop you achieving your potential
“Whether you believe you can or you cant, you’re probably right” Henry Ford

Emotions are 5 times stronger than logic

80% of decision-making is based on emotion
How are you engaging your clients and your team?

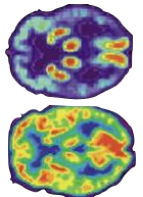


Neuroplasticity

How are you strengthening your neuronal connections?
How are you setting goals for you and your people?
Remember *questions* trump *telling*

Reward or threat response?

The brain scans for threats 5 times per second
Are you shutting down their brain or lighting it up?
Remember the praise-to-criticism ratio is 3:1



Resilience and handling setbacks

It’s not the circumstances that cause upset
It’s your attitude to the circumstances
Many circumstances are out of your control; your attitude isn’t!

Leadership – multiplier or diminisher?

Shine the spotlight on others, not yourself
Don’t micromanage; let them work it out for themselves
How do you encourage diverse opinions and debate?

