

## **10 Ways to Enrich Your Leadership Skills**

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**1 Hour**

### **Description:**

Leadership is about influence. If you can influence another human, you have the ability to be a leader. Being a good leader doesn't just happen, however. Leadership needs to be nurtured and developed. This course will take you through some easy ways to start to grow your leadership which will ultimately help you in all aspects of your life.

### **Learning Objectives:**

- Discuss the concept of leadership as influence, not position
- Understand that everyone has the ability to be a leader because we all have the ability to influence others
- Identify 10 ways for "How do we Grow Our Leadership?"

### **What is Leadership (10 min)**

1. Discussed the concept of leadership as influence
2. Everyone has the ability to be a leader because we all have the ability to influence others
3. Leadership will not happen on its own, it needs to be nurtured.
4. Why is it important? Because we work with people on a daily basis

### **How do we Grow Our Leadership? (40 min)**

1. Know Yourself
  - a. Personality Tests
    - i. Myers Briggs
    - ii. Personality Plus
    - iii. Gretchen Rubin's The Four Tendencies
    - iv. Strength Finders
    - v. DISC profile
2. Work on your Emotional Intelligence

- a. Concept discussed extensively in Emotional Intelligence 2.0 by Bradberry and Greaves
  - b. 87% of Millennials surveyed would prefer to work for someone who has a high emotional intelligence
  - c. Employees where the leader has a high emotional intelligence are 4 times more likely to stay in their position
3. Read a book
  - a. So many great books to read about leadership
  - b. My list keeps changing, but books by John Maxwell rate high on leadership concepts
4. Podcasts
  - a. Truly Human Leadership
  - b. Dare to Lead
  - c. Andy Stanley Leadership
  - d. Coaching for Leaders...among others
5. There's an app for that
  - a. Forbes
  - b. Think Up
  - c. Harvard Business Review
  - d. Calm for Meditation
  - e. The Secret of Daily Teachings, etc.
6. Watch a TED Talk
  - a. Brene Braun
  - b. Shawn Achor
  - c. Simon Sinek
  - d. Rosealinde Torres, etc.
7. Create a Vision Board
  - a. The idea behind a vision board:
    - i. By consistently looking at it, you can create a mental picture of what you want to achieve and make it a reality.
    - ii. It can serve as a daily reminder of your goals, motivations, and the life you want to create for yourself.
  - b. Great exercise to bond with other like-minded individuals
8. Keep a Journal

- a. Gratitude journal
  - b. Commit 30
  - c. Leadership Journal
9. Pay attention to your Daily Routines
- a. Review concepts from books: The 5 AM Club, Make Your Bed, The Miracle Morning, etc.
  - b. Research has shown that how you start your day can lead to a more successful mindset
10. Take a Class
- a. County Extension agencies provide classes on leadership
  - b. Masterclass.com, Pryor Learning and a variety of other sources provide on-line courses
  - c. Many communities have started having local courses to grow community leadership skills
11. BONUS! – Find a Mentor
- a. Asking someone to be your mentor does not have to be awkward.
  - b. It can be as simple as inviting someone to have coffee or lunch with you at meetings.
  - c. Pick people you admire or want to learn from.
  - d. Mention Optometry Divas in Florida?

**Course wrap up, Q&A, and final comments (10 minutes)**