Leadership in Times of Stress

Self-Leadership: Increase Clarity and Focus on What Matters Most

INTENTIONAL coaching + consulting
Self-Leadership: Increasing Clarity and Focus on What Matters Most

Erin Slater
Certified Professional Coach, ACC, EL-MP
On a scale of 1-10, how committed are you to being fully present today?

**Engagement**

Participate in polls and to raise your hand to respond to questions.

**Interaction**

If you got exactly what you need from our webinar today, what would that be?

**Outcome**

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**Setting us up for Success**
Self-Leadership

What is it?

- Knowing who you are (beliefs, what’s important, your goals)
- Knowing and choosing what you do (your behaviors)
- Knowing what you need to learn (your growth opportunities)
- Using what you know (your habits)

"Mastering others is strength. Mastering yourself is true power." - Lao Tzu

"I am the master of my fate, I am the captain of my soul." - Henley
Interactive Question #1

On a scale of 1-5, how grounded do you feel right now?

1 being not grounded at all and 5 being deeply rooted.
Interactive Question #2

On a scale of 1-5, how much has your life been disrupted?

1 being not at all disrupted and 5 being completely disrupted
Interactive Question #3

What is your biggest concern about the current situation?

- My organization’s sustainability
- Health (for self and/or others)
- Job Security (for self and/or others)
- Children’s Education/Care
- Personal Finances
Brain Science
What’s happening in my brain?
Brain Science
What is my brain causing to happen?

Fight | Flight
*Sympathetic Response*
- Lack
- Fear
- Insecurity
- Judgement
- Comparison
- Anxiety
- Dis-Ease
- Dis-Comfort
- Contract
- Decline
- Lack of Focus

Rest | Repose
*Para-sympathetic Response*
- Trust
- Safety
- Openness
- Curiosity
- Compassion
- Love
- Ease
- Comfort
- Healing
- Growth
- Expansion
- Focus

Adapted from The Brain Game, 2018 Conscious Entrepreneur Collective
Individual Activity: Stress Inventory

Write down 10 things that are causing you to worry, stress, feel sad or afraid?
Outside my Control
  Other people’s words
  Other people’s effort, behaviors and actions
  Other people’s ideas
  Other people’s beliefs

What I can Control:
  My words
  My behavior and actions
  My efforts
  My ideas
  My beliefs

Circle of Control

Where most people spend their time...

Where to spend your time...
“Proactive people focus their efforts on the things they can do something about.

Reactive people focus their efforts on the things over which they have little or no control.”

-Stephen Covey
Individual Activity: Self Leadership Inventory

- Where am I freezing right now?
- In what areas am I stuck?
- Where am I withdrawing at work and in life?
- Where am I inactive?
- Where am I frenetic?
- Where am I being negative? Complaining? Resisting?
- Where do I need to tend to myself?
What truly matters most right now is focusing on... who you want and need to be right now... and doing what you need to do so you can be *that* person...
Interactive Responses

What are some things that have pleasantly surprised you amidst these unique circumstances?
Tactical Self-Leadership for Times of Stress

Back to the Basics: Taking Care of You First (PRIORITIZE YOU so you can be there for others)

- Create a routine that honors yourself (much of our stress right now comes from the need for routine)
  - Do something for yourself everyday
  - Create rituals (close the laptop, close the office door if you have one)
  - Take a lunch break and eat your lunch
  - Be diligent about your list (everything else goes on a TO DO LATER list)
    - 1. Is this going to fuel my body or soul?
    - 2. Is this absolutely critical to my work?
    - 3. Does this need to happen for my home or my family?

- Make your space comfortable and inspiring (your external space reflects your internal mindset)

- Keep your immunity up
  - Move, hydrate, eat the rainbow, sleep on a schedule, get outside, do what you love

- Step up and enhance communication skills
  - Clarify needs and expectations even more than usual (remember, we are not ourselves right now)
  - Add “no response needed” or “response requested by Friday” to emails

- Give yourself and others buckets and buckets of grace. It is well-deserved!
  - Speak to yourself and other with compassion. Check in on your team with empathy, gratitude, and patience.
Dearest Fear,

Creativity and I are about to go on a road trip. I understand you'll be joining us, *because you always do*. I acknowledge that you believe you have an important job to do. But I will also be doing my job, which is to work hard and stay focused. And Creativity will be doing its job, which is to remain stimulating and inspiring.

There's plenty of room in this vehicle for all of us, but understand this:

*Creativity and I are the only ones who will be making any decisions along the way.*

You're not allowed to suggest detours. You're not allowed to fiddle with the temperature. Dude, you're not even allowed to touch the radio. But above all else, you are absolutely forbidden to drive.

Sincerely,
Me
What questions can I answer?

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Sometimes, its OK to be a follower...

@intentionista @erindslater .in/erindslater
Three Levels of Stress Reactions

It’s happening! The Corona Virus is happening overseas. That’s something to keep an eye on.

It’s here! It’s in my state. Go buy milk, eggs, and toilet paper.

It’s upon me! It’s affecting my family, my organization, my friends.
Circle of **Control**

**What I can control...**

- How I respond to my thoughts/feelings
- The attitude I show up with at home and work
- What and how much news I consume
- How much time I spend on social media
- My own social distancing
- The things I can do to improve my immune system
  - My activity levels, my sleep, what I eat
- How I use my time
- How I choose to follow CDC guidelines
- The relationships I choose to build at work/home
- Using technology so I can connect
- Creating new connections in different ways
- My willingness to adapt to new roles
- Making a plan
- Getting creative

**What I can’t control...**

- CDC regulations
- That I can’t travel for vacation
- My friend’s wedding plans
- Kids not getting to visit Grandma
- Client companies who pause coaching
- Parents not following guidelines
- Other people’s attitudes
- How long this will last
- The ability to find Lysol wipes