

6 LEADERSHIP SKILLS TO MASTER

Leadership isn't always easy. It's not the same as being an expert and managing others who do the same task. If you're looking for some quick advice to help you change relationships or take some of the chaos out of your team, this quick guide will help.



**Redefining
Communications**
www.redefiningcomms.com

CONTENTS

1 COMPASSION

2 LOOK AFTER YOURSELF

3 RESPECT

4 TIME AND ATTENTION MANAGEMENT

5 SELF-AWARENESS

6 LISTENING

COMPASSION



This feels like something leaders are often told they don't need but research shows that vulnerability and courage go hand in hand. And with that, comes compassion. We are all human and showing some of that in the workplace leads to more genuine relationships and more trust.

LOOK AFTER YOURSELF



The best book title is ‘your oxygen mask first’ because it is exactly that approach that is needed. You are the most important and you need to focus on your health and wellbeing to be able to lead others. Whether that’s half an hour of yoga in the morning or 5 minutes – do what you can but make time for you, every day.

RESPECT



This works both ways. It works every way. Respect has to be given to everyone regardless of hierarchy.

For some this comes naturally and for others this feels alien. Respect the time and expertise of others, you hired them for a reason.

TIME AND ATTENTION MANAGEMENT



You can only listen to someone speak for 20 minutes before the brain wants to do something else. And the optimal time for you to focus is around 52 minutes with a 17 minute break. You need to focus your attention, not your time.

The meetings are needed, the conversations are needed so focus your attention on what will make a difference, it's not about time.

SELF- AWARENESS



Knowing your limits is a huge strength in leadership. It's hard to show vulnerability and let someone know you need help but find your trusted circle and use them to help you navigate and grow. No one expects you to do this alone so make sure you know when to ask for help.

LISTENING



Listening to those around you is a hugely important skill for leaders. Your response when someone is sharing or talking has more weight than a peer. Remember that how you show your listening is equally important – are you making notes, eye contact etc. How do they know you are listening and that you care?

WE HOPE YOU'VE FOUND THIS SIMPLE GUIDE USEFUL

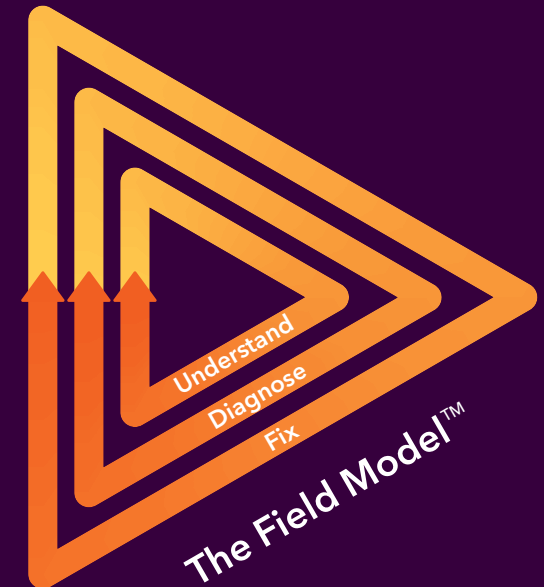
To spend some more time discussing your leadership style and exploring how we can help, please get in touch on info@redefiningcomms.com and we will arrange a time for a call or a coffee – whatever suits.

Diagnose why chaos is occurring inside your organisation

Is your business struggling to change? Are you looking to adapt your culture? Do you need a water-tight communications strategy? Are you struggling to find your way around a tricky team issue? Or does your organisation have a leadership development challenge that's negatively affecting engagement?

The Field Model™ seeks to understand, diagnose and fix issues for the long term.

If you're ready to delve into your organisation, address the things you've brushed under the carpet and are open for a (sometimes difficult) conversation, you can find out more about The Field Model™ [here](#).



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