

# 5 Ways to Invest in Your Leadership Right Now



What a moment, right? A global pandemic, outcries against continued racial injustice and the social, economic and political upheaval are revealing just how much toxicity we've normalized.

While it's tempting to focus on these external realities and the many examples of poor leadership on display, let's not stop there. This is also an opportunity to honestly assess our own leadership:

What's working? What do we want to leave behind? Who do we want to be going forward?

Finding and protecting space for this kind of analysis is not easy, especially right now, but it's worth it. Here are 5 ways you can invest in your leadership over the coming weeks and months that will benefit everyone you influence:

**Reflect** - Take time to look inward. We default to reactive changes in crisis moments, and there's plenty of that happening around us. But sustainable changes often come from proactive reflection. Can you slow down enough so that you're clear about where you want to see change and translate that into one, maybe two, actionable steps?

**Clarify** - Uncertainty sends us spiraling. That's a normal human response. The upside of so much uncertainty is that it may help us clarify what's really important and valuable. Is there a thread that connects what you most care about? What will it take to weave more of that into everything you do?

**Rest** - The world doesn't need more tired and burnt out leaders. It just doesn't. The urgency all around us, and maybe inside of us, will compel us to keep going at a relentless pace. Resist it. Not all of us have the privilege of being able to take time off, but this doesn't mean rest is off the table. What are the rhythms of rest you can practice - and invite others to practice with you - that help you to engage from a place of greater health?



# 5 Ways to Invest in Your Leadership Right Now



Collaborate - We're overly reliant on individual leadership models and that's probably not going away anytime soon. We, however, don't have to perpetuate it in the spaces and roles where we have a chance to work differently. Is there a way you can include more collaboration with your team or within your organization? It's deeply satisfying to contribute your strengths and rely on the strengths of others, rather than constantly feeling like it all depends on you. Say it with me: it doesn't all depend on you.

Create - With so much up in the air and so many questions being asked, this is a moment to think in terms of possibility. That might feel strange as we simultaneously feel the reality of so many limitations, but what I mean is that this really is a moment where creative imagination is essential. What is made possible by all of this upheaval? Well, the answer is almost anything. This is prime time for taking a risk and imagining something new for your work and life.

