

Teabag Leadership

As a leader, talk is cheap. Action is what counts and practice makes a difference. Below are practical steps to improve performance.

- Write out and list: “What’s in My Control” and “What’s Out of My Control”.
- Asking for help, seeking advice, and engaging others balances weak and bitter tea – leaves a good taste.
- When you feel “boxed in”, reflect and think out of the box.
- Asking for help is not a sign of weakness but of strength.
- Exercise even when you don’t want to. When you’re in hot water, at the end of your rope, physical exercise can be very helpful. Equally important to pause, to take a breath, to step back, and get present with “what is”, before you know what action to take next. Pause and pivot.
- Avoid blaming others or blaming self. Take responsibility without blame.
- When we get overwhelmed, when things got “hot”, it’s easy to forget how capable and empowered we really are. Remember that you have everything it takes to go change whatever is truly needed. Ask “who do I need to surround myself with?” and go make it happen.
- Emotional Intelligence matters. Recognize your “triggers” and don’t pull the trigger when emotions run high!

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