



EXPERTS AT DEVELOPING CORPORATE LEADERSHIP TALENT

LEADERSHIP COACHING NEWSLETTER

This Month's Topic: **New Year's Ritual**

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To thrive, drive and sustain ourselves as successful leaders, we must have a deep well of physical, intellectual, emotional, and spiritual strength in our lives.

According to The McKinsey Quarterly 2008 Number 4, *Centered Leadership, How Talented Women Thrive*, women (and I propose men as well) are more successful as leaders if the following dimensions are present in the work and in their lives.

1. **Meaning:** Finding your strengths and putting them to work in the service of an inspiring purpose.
2. **Managing Energy:** Knowing where your energy comes from, where it goes, and what you can do to manage it while managing depletion.
3. **Positive Framing:** Adopting a constructive (optimistic) way to view your world and have the resilience to move forward when bad things happen.
4. **Connecting:** Identifying who can help you grow; building your network with stronger relationships and increase your sense of belonging.
5. **Engaging:** Finding your voice, becoming confident by accepting opportunities and the inherent risks they bring.

In which area(s) is your learning edge?

Recommendations

Recommended reading: [The McKinsey Quarterly 2008](#).

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