

PERSONAL LEADERSHIP

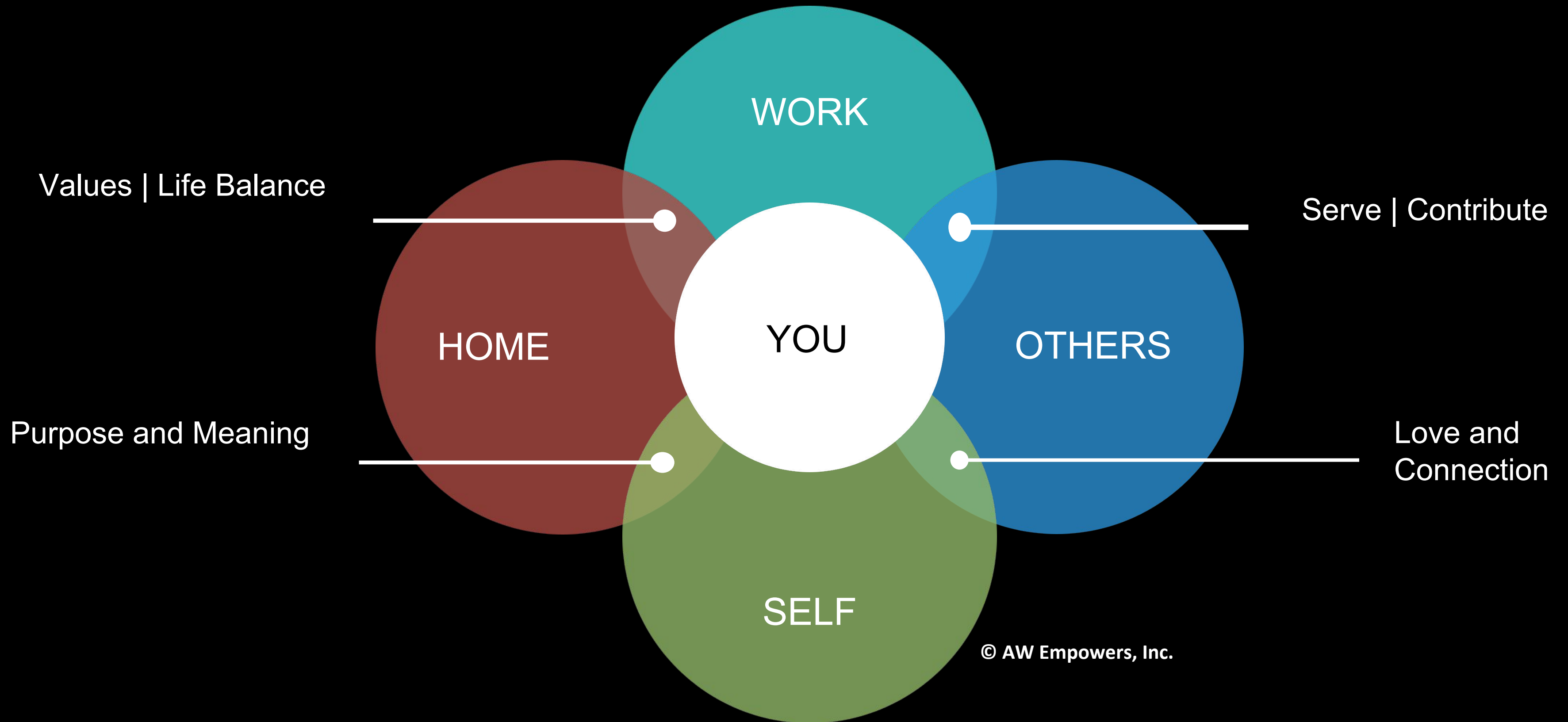
The Soft Skills are the “New Hard Skills”

By Adam White, Human Potential Expert, Author, Speaker

4 domains of life



The 4 Domains of Life



DOMAIN OF HOME



**DOMAIN OF
HOME**

- ✓ Work on improving relationships
- ✓ Be more present in the moment
- ✓ Bring your Whole Self home
- ✓ Don't miss the most important moments of life with family
- ✓ Be considerate of what other family members might be facing each day
- ✓ Be more patient, more understanding, and more appreciative, be more forgiving of mistakes

DOMAIN OF WORK



**DOMAIN OF
WORK**

- ✓ Find ways to be more productive, more focused with less distraction
- ✓ Manage time more efficiently
- ✓ Don't be controlled by your email inbox
- ✓ Find the meaning and value again in your work
- ✓ Mentor someone and add more value to your team and organization

DOMAIN OF OTHERS



**DOMAIN OF
OTHERS**

- ✓ Give more service to others; be more giving and willing to help those who are less fortunate
- ✓ Giving is not just money but giving of your time to help mentor and add value to the lives of others
- ✓ Changing our world starts with changing the life of just one person in your community

DOMAIN OF SELF



**DOMAIN OF
SELF**

- ✓ Improve your health and diet
- ✓ Take time to exercise at least 3 times per week
- ✓ Find more meaning and discover more of your purpose
- ✓ Have a plan of growth and never stop learning and developing yourself
- ✓ Focus on a life of significance as opposed to just a life of success

2 Levels of Leadership

A man with a beard and glasses, wearing a white shirt, is looking thoughtfully to the right. The background is a blurred office environment with large windows and another person in the distance.

We lead out of our **lives,
not our position**

**The position doesn't make us
a great leader....**

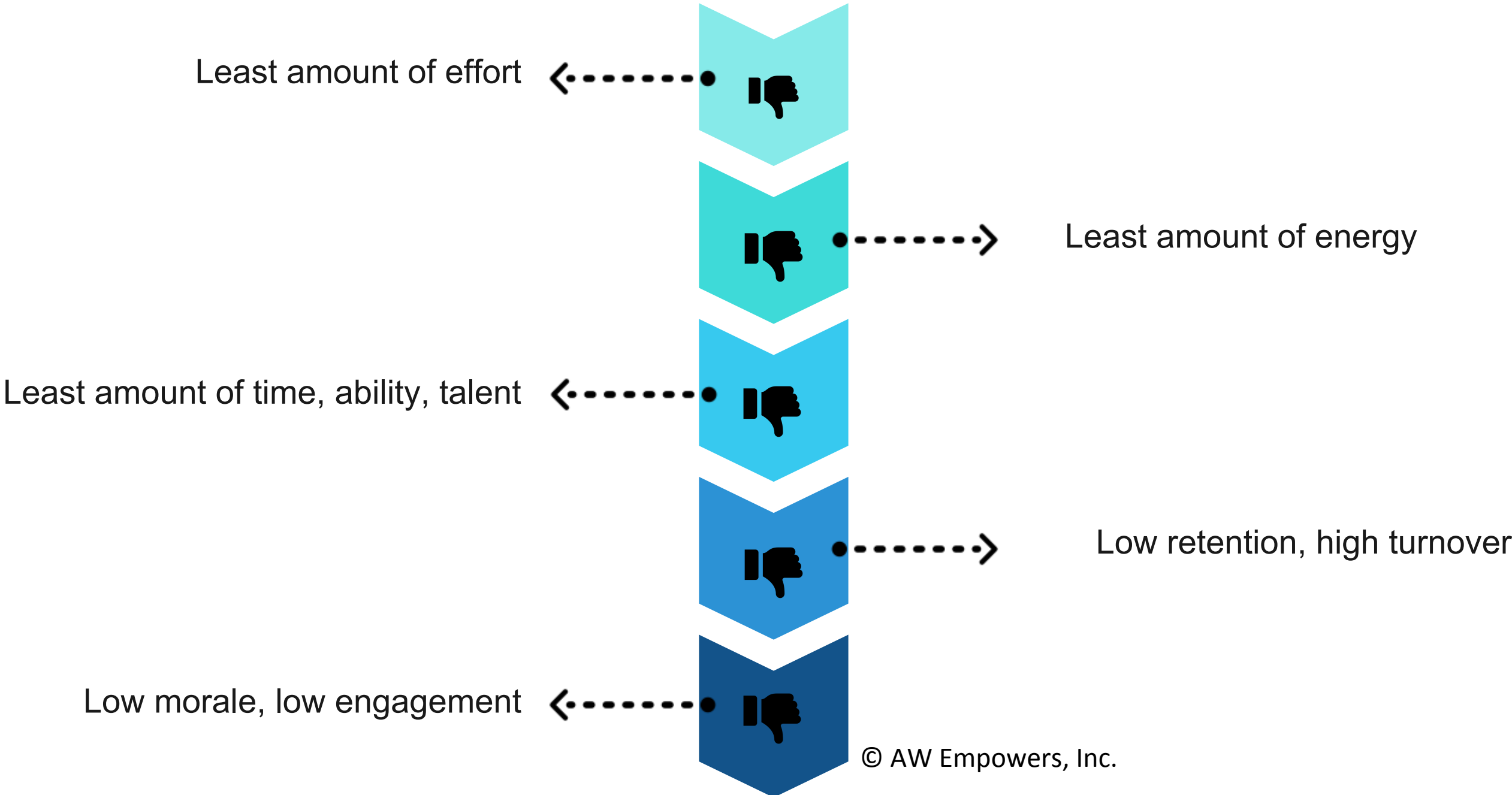
**...We must bring great
leadership to the position**



2 LEVELS OF LEADERSHIP POSITION **vs.** PERMISSION

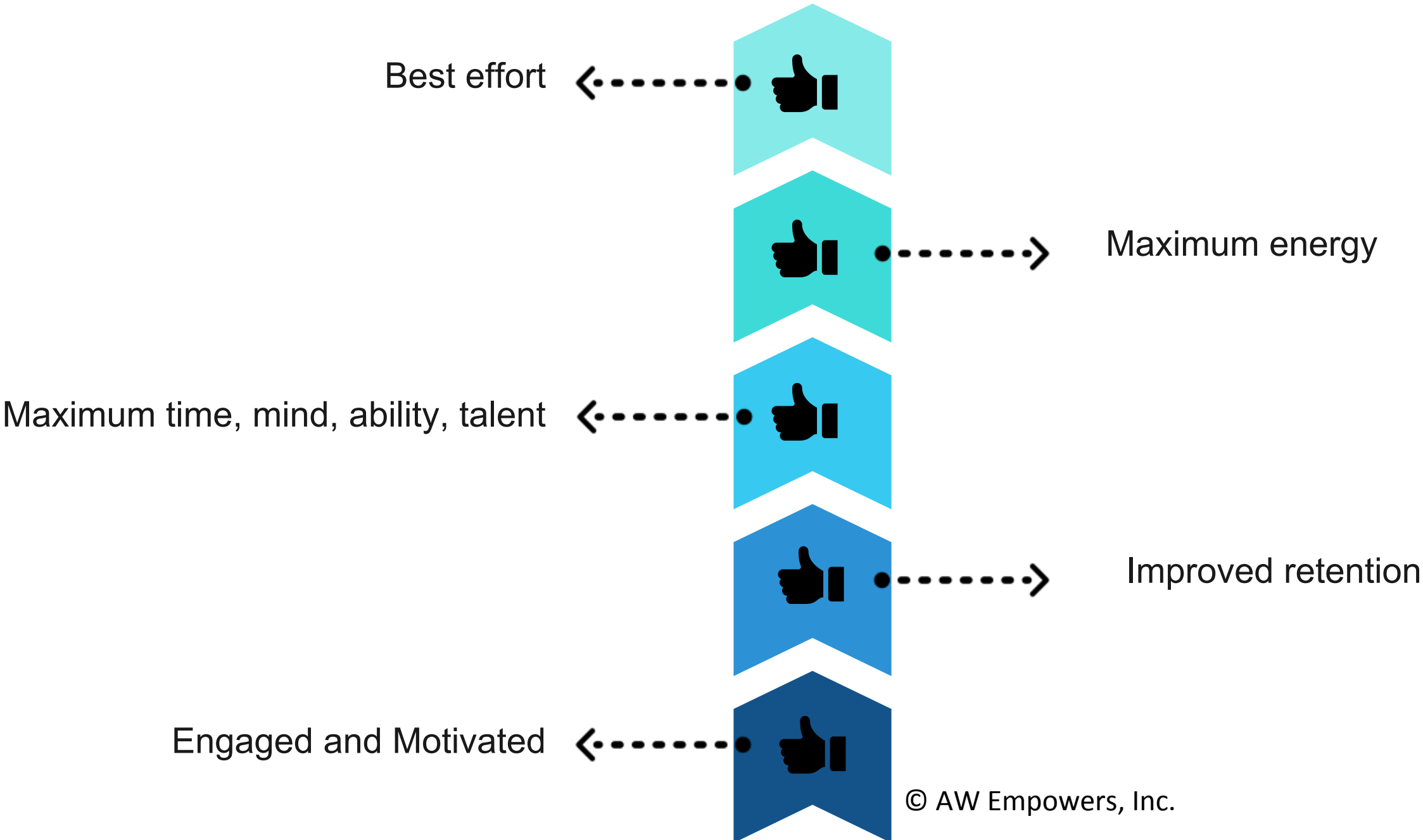
Position Level

Lesson 1: People follow you because they “have” to



Permission Level

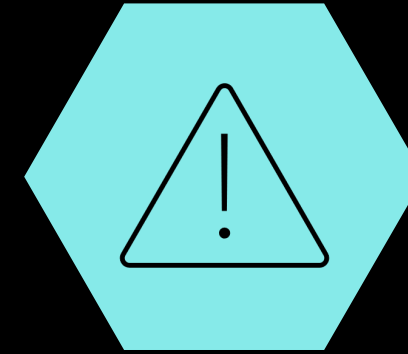
Lesson 1: People follow you because they “want” to



A close-up photograph of a woman with long, wavy, reddish-brown hair. She is wearing a light purple blazer over a white top. Her eyes are closed, and she has bright red lipstick. The background is a plain, light color.

Human Hijackers

Human Hijackers



CAUTIOUS

Form of fear

Afraid to take risks or try something new

Hijacks ability to put forth effort

CONTROLLING

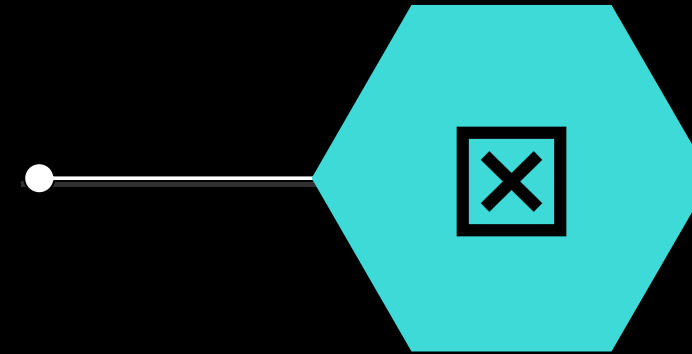
Comes from inner insecurity

Destroys relationships

Destroys productivity

Creates disengagement

Costs an organization money



CRITICAL / CYNICAL

Won't celebrate others

Comes from inner unhappiness

Hijacks the ability to be grateful

Leads to bitterness and resentment

DISTORED THINKING

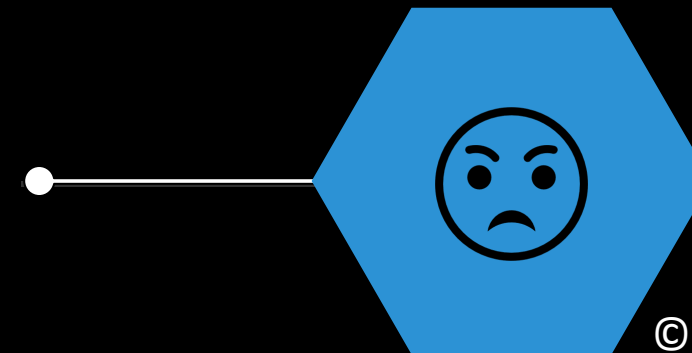
Changes perspective of reality

Everyone is against me

Nothing ever goes right

Pessimistic attitude

Thinks the worst, instead of the best

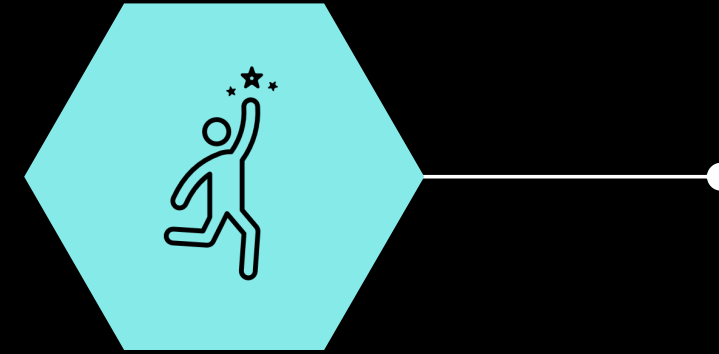


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Human Hijackers

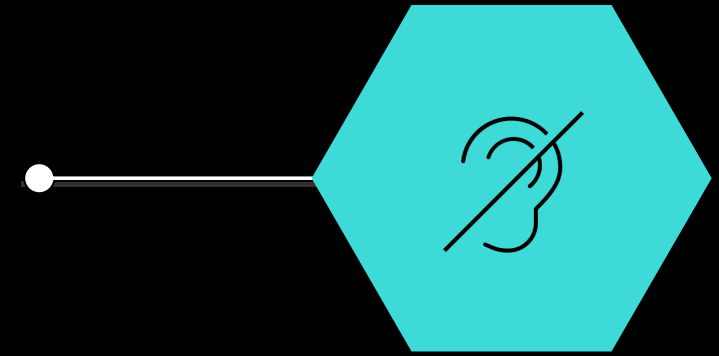
STUBBORN MINDSET

Hijacks opportunities right in front of you
Surrounded by knowledge but still ignorant
Robs you of the ability to change, learn, grow
Refuses to see things differently or be open



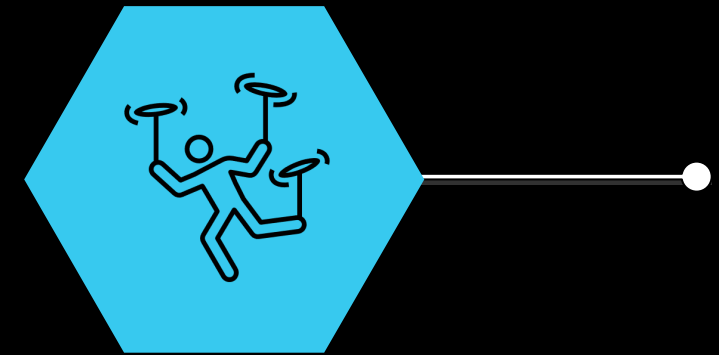
OBSESSED WITH SUCCESS

Hijacks sleep
Self-destruction as a result
Depressed and frustrated
Never good enough



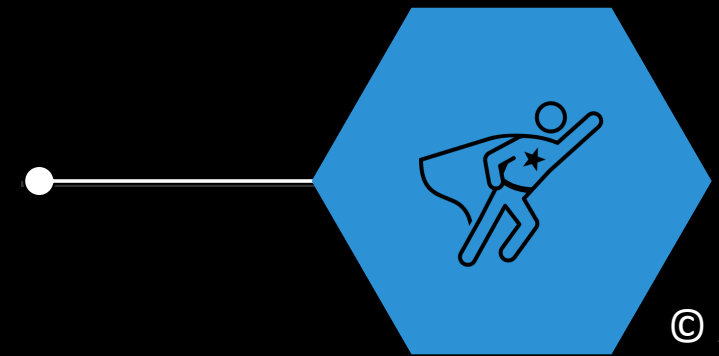
TOO COMPETITIVE

Makes a goal of outdoing others
This hijacker hands you the weapon of “comparison”
Constant comparison to what others are doing



OBSESSED WITH WORK

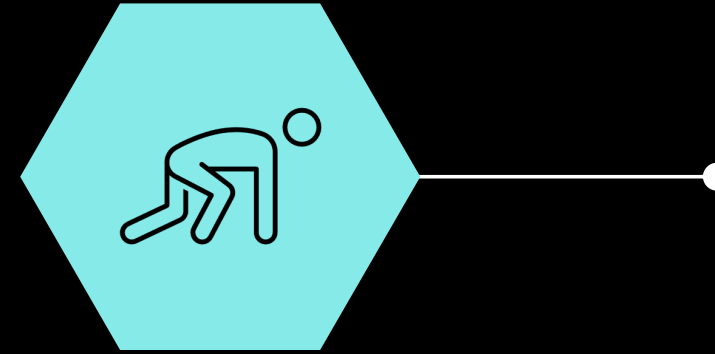
Hijacks family time
Steals the most important moments in life
Can come from an avoidance of being



Human Hijackers

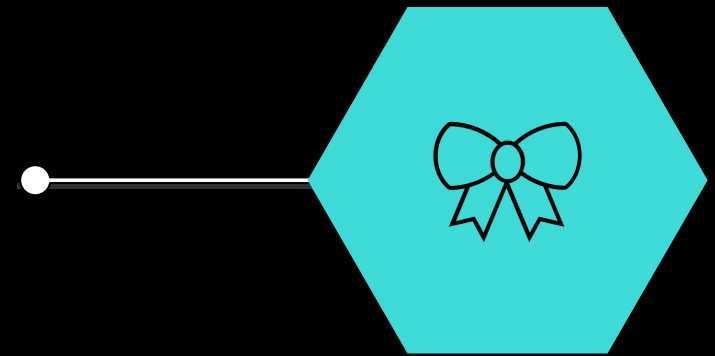
PERFECTIONISM

Comes from internal fear
Never feel good enough
Hijacks your ability to get more done
Time waster. Does things over and over



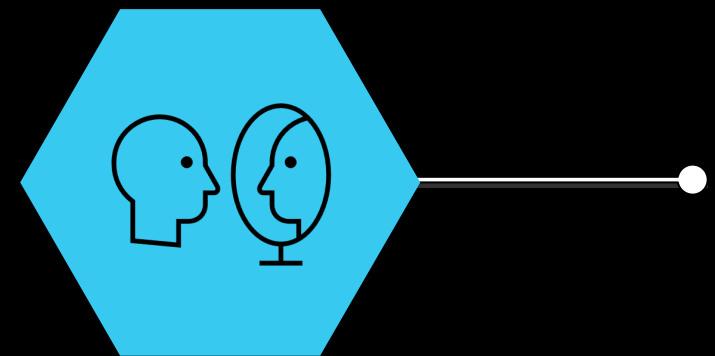
OVER PLEASING

Builds self-made prisons
Steal creativity and purpose
Worries about what others think



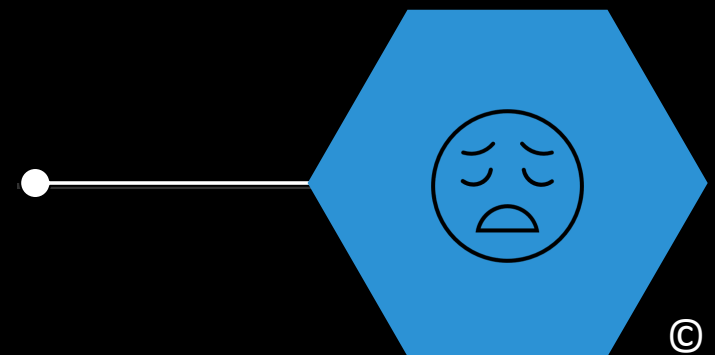
SELF-SABOTAGING

Invites fear and doubt to your emotional home
Hijacks your ability to feel good enough
Defeats you before you even get started



STRESS & BURNOUT

Like the tea pot on the stove
Blows your emotional top & blows steam of stress
Robs you of your health and wellness
This hijacker is best friends with the hospital



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Human Accelerators



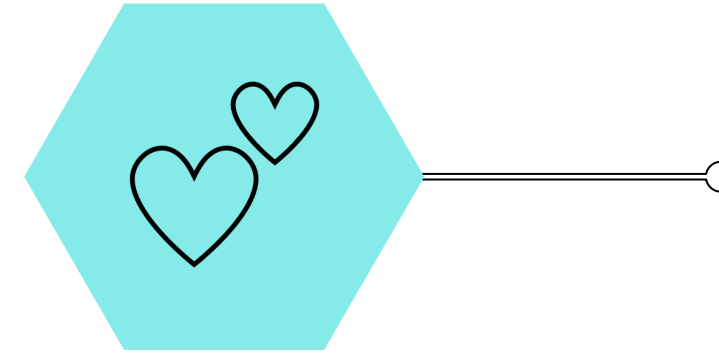
Human Accelerators

CONFIDENCE

Attracts people to us instead of arrogance which repels

Courage to try new things

Reminds us that success is already within us

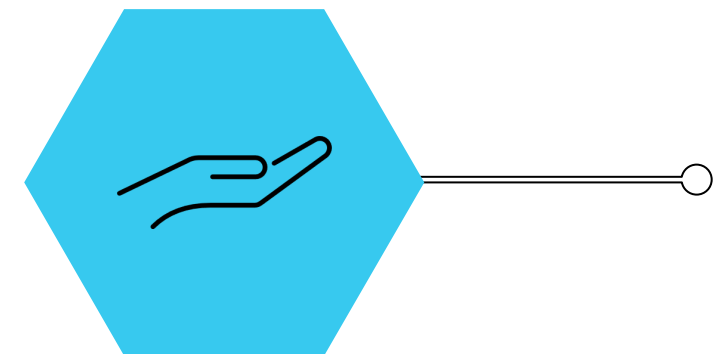
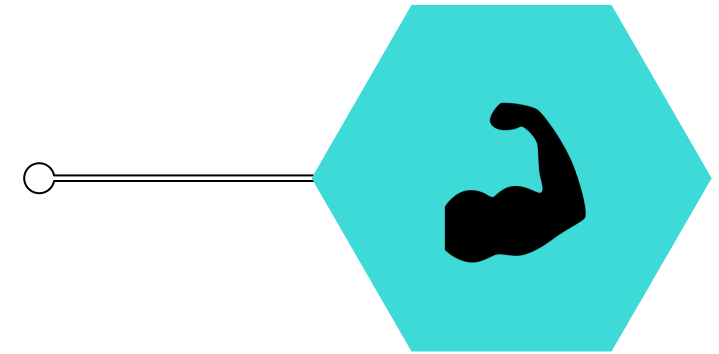


APPRECIATION

Increases ability to receive more of good things

Teaches thankfulness and appreciation

Eradicates the wrong attitude from our lives



HUMILITY

Will advance you and improve relationships

Eliminates arrogance and being aloof

Hidden inner strength emerges

Humility is not for the weak, it takes discipline

INSPIRATION

Eradicates tiredness

We are not tired but often uninspired

Keeps you motivated

Gives purpose and meaning to your work



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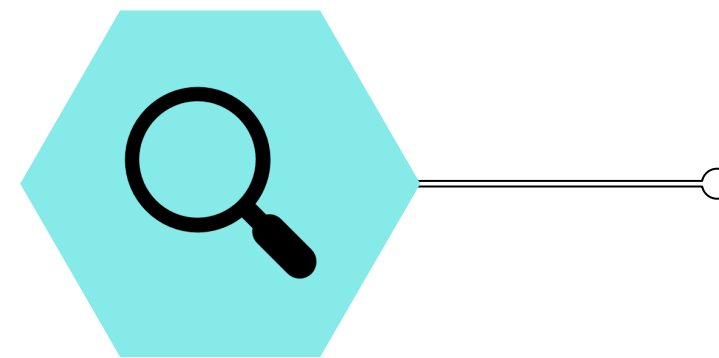
Human Accelerators

PRESENCE

Eliminates anxiety of the past and fear of the future
 Places you in the present moment
 Makes the most out of the time you are given

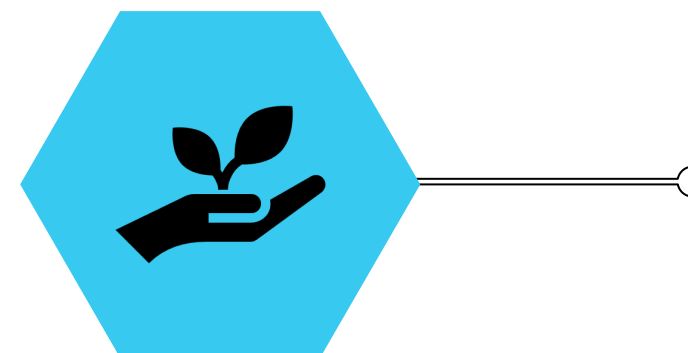
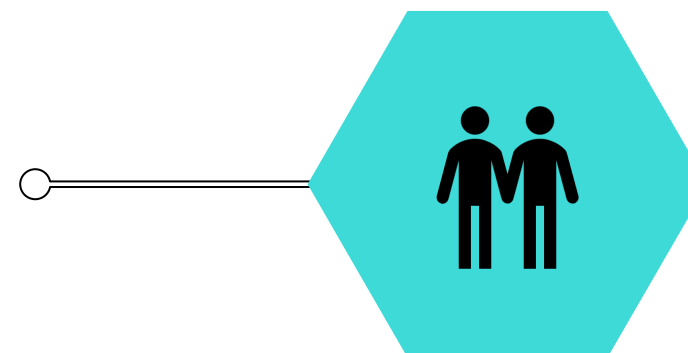
RESILIENCE

Strength to bounce back from setbacks & crisis
 What others drown in, you sail over
 Ability to persevere and press through



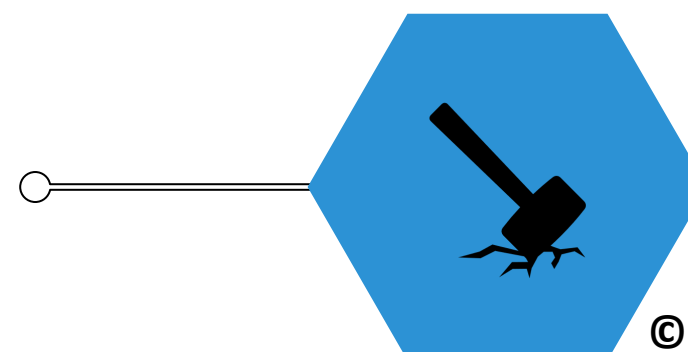
PRACTICE & FOCUS

Confidence builder and results generator
 Will reward you for consistent practice
 Ignores distraction and criticism



PRINCIPLES

Guarantees Success
 Laws that generate the same results over and over
 Trees always grow, fish always swim
 Guiding principles duplicate success

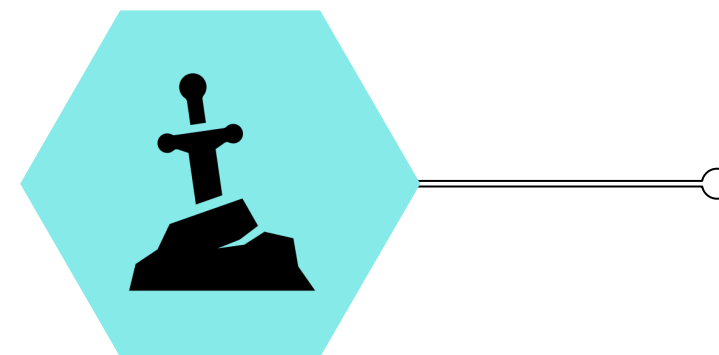


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Human Accelerators

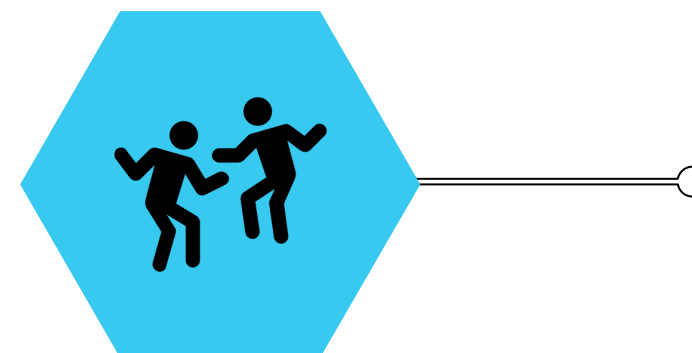
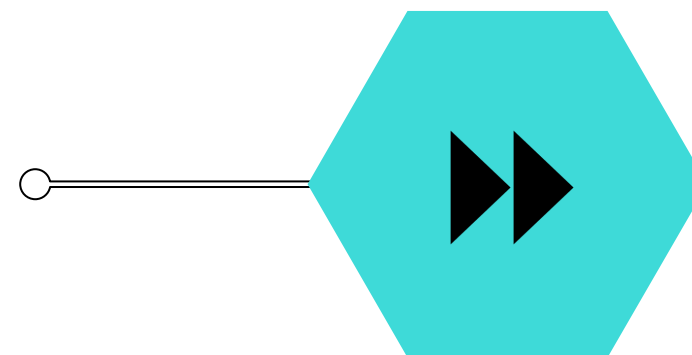
DRIVE / AMBITION

Gets us beyond the limiting beliefs of others
 Drives us to get up earlier while others sleep
 Helps us go after what we want, instead of settling
 An internal drive to work on our purpose



COURAGE

Refuses to let fear hold us back
 We take the lead instead of waiting on others
 Ability to blaze a new trail
 Do what hasn't been done before
 Face fear and do it anyway

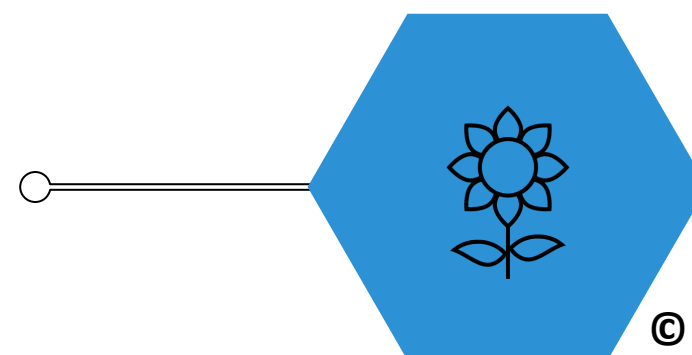


ENGAGEMENT

Accelerates relationship and opens doors
 Our engagement causes others to engage with us
 Allows us to bring ALL of ourselves to our life and work
 Engagement precedes focus and results

FAITH

Brings ideas from the spiritual into the natural
 Accelerates our ability to believe and have faith in
 what our eyes can't yet see



Human Accelerators

GENEROSITY

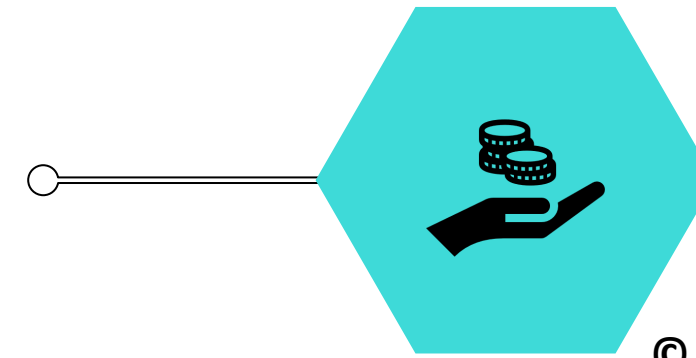
Accelerates the law of reciprocity

Develops the power of giving

Produces a continual harvest back to us

Cures greed and selfishness

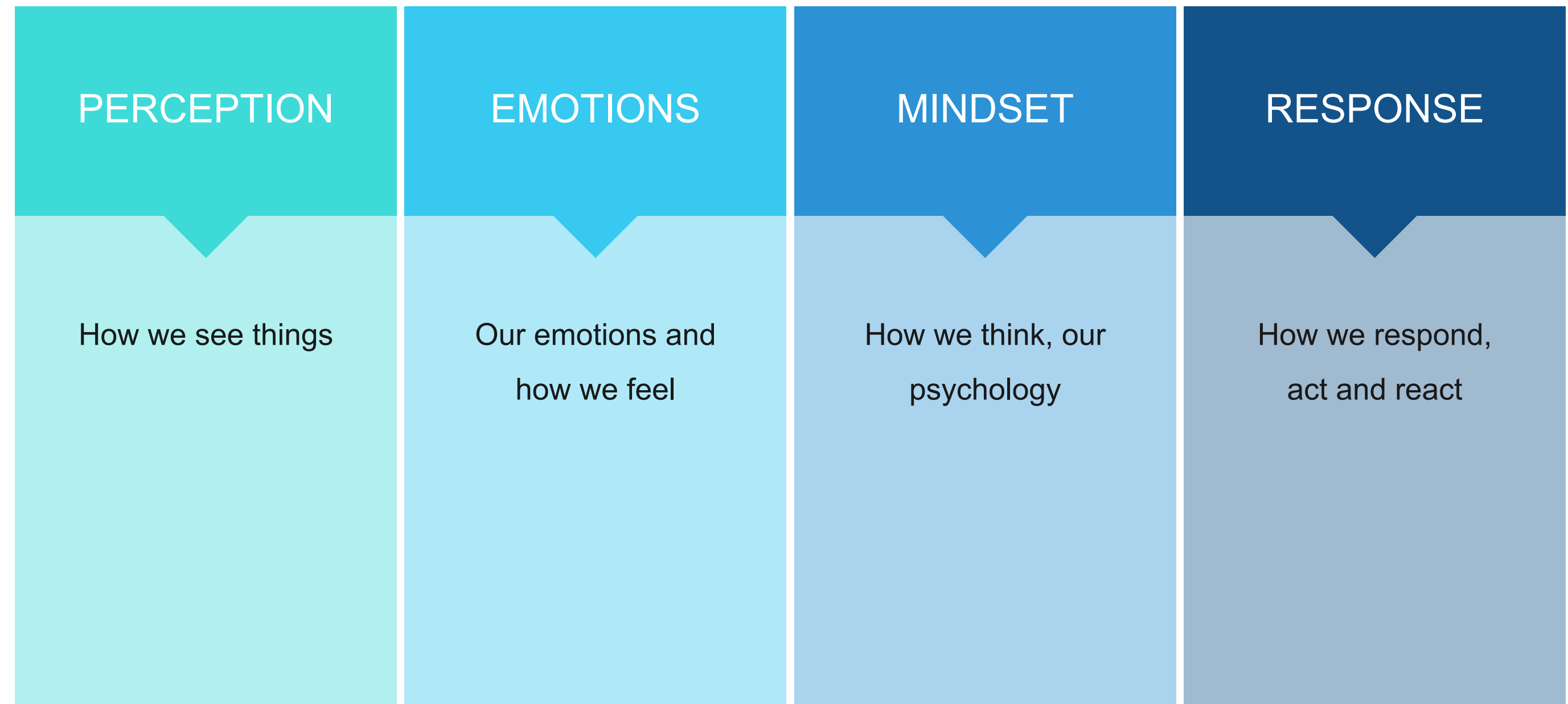
Reminds us that giving always precedes
receiving



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The 4 Areas Affected

Hijackers & Accelerators



FOCUS QUESTIONS FOR DISCUSSION

1. What human hijackers might be hijacking your emotions and leadership ability?
2. What accelerators could you add, improve upon, or use to accelerate your leadership ability?

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