



GREAT LEADERSHIP COMES FROM THE HEART

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Connecting to the
emotional needs
of your people



Great instructors inspire curiosity in their students and create a memorable learning experience. These leaders inspire their team to discover their talents and empower them to aspire to unlimited success. Most importantly, they are great because they lead from their heart. They understand that the heart has eyes the mind doesn't have. The heart sees beyond their team's weaknesses to their strengths.

BECOMING HEART-CENTERED

Those who genuinely lead with their heart—not just their head—are more equipped to connect with the emotional needs of employees. They understand that people have the need to be valued, respected, listened to and involved. By acknowledging and honoring the human element, heart-centered leaders possess the wisdom and capacity to positively transform any organization and run extremely successful and profitable businesses.

Remember that honoring the heart does not signify weakness. True power means listening with the heart and having the commitment and humility to clear all that stands in the way of that heart connection. As Yoda once said, "Do or do not. There is no try." Stay true to a commitment to lead from the heart and you are sure to reap the rewards.

PITFALLS TO AVOID

In our business culture, and society in general, the image or metaphor of the heart is often associated with yielding and kindness—or perhaps even weakness. But the heart is also strong and powerful. It is the driving force of life.

Your ability to lead well is hindered when there is an unbalanced connection with your heart. Embracing a heart-centered approach to business lies in your ability to stop, go inward and reflect on the course of action that you know is the right one, rather than

succumbing to external pressures. When leaders fall prey to politics in the workplace, they are letting their egos lead the team. The sad news is that their team can see right through the egocentric strategy. What's the fix?

PRACTICE WHAT YOU PREACH

Leaders must learn to trust their heart. Start with a virtue you admire in a boss, such as the ability to be understanding, giving and caring. Perhaps you admire their positive attitude or desire to make a difference. Do you see that all of these characteristics are products of the heart? Challenge yourself to wear your heart on your sleeve. Be someone who practices what they preach, in all areas of life. Here are a few tips to consider:

Give your people a structure they can lean on.

People like structure and knowing what's expected of them. Since we all spend more time on the job than at home, the team's quality of their work experience, which influences the quality of their lives, is directly tied to the quality of the structure their leader provides. Big-Hearted Leaders will be the lighthouse in the midst of tumultuous corporate storms.

Be approachable.

Big-Hearted Leaders succeed by paying personal attention to their people. They aren't feared or unapproachable. A way to achieve this is by simply smiling. A smile is a form of body language that speaks volumes without saying a word. It demonstrates that as a leader, you are present and committed.

Be generous in your genuineness.

Sometimes, being a leader means being vulnerable. Being open to criticism and willing to acknowledge mistakes is a powerful trait of a leader. And communicating with honesty and integrity, even when

it's not easy to do, is a trait of a Big-Hearted Leader. People want and need respect, and they will work hard to earn mutual respect from a leader who is genuine. Create a mantra that will guide you to genuineness, such as "stay real."

Possess (and pass on) enduring enthusiasm.

You've heard the old expression that enthusiasm is contagious. Big-Hearted Leaders possess a consistent, infectious enthusiasm that positively impacts others. Enthusiasm is the fuel that will keep employees' metaphorical gas tanks from reaching empty.

IN SUMMARY

It's the heart that carries the team, helping members realize their purpose and potential. Will you consider growing into a Big-Hearted Leader by providing structure to your team? By staying real? Greeting individuals with a smile? By transforming your team with enthusiasm? When things get tough, exceptional leaders put their full weight on the things of the heart. 🌟



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