



8 ways to be an inspiring leader

The 8 essential threads of leadership

To be a great leader involves understanding and managing your physical, mental, emotional and spiritual energies so that you can inspire, motivate and influence people. We have distilled much of the current research and writing about leadership into 8 essential threads of inspiring leadership:

1. Authenticity

To be an authentic leader you must know yourself – understand who you are and what you stand for and be true to yourself. Don't try to be something you aren't. Be honest, open, and straightforward. People will understand you, trust and respect you, and will be willing to follow you.

2. Connection

No man is an island. Not only must you connect with yourself, but you need to feel connected to other people and the natural world. This will give you personal strength and confidence through a sense of belonging and an understanding of the interconnectedness of everything.

3. Vision

You need to know what it is you want to be or to achieve. Follow your passions and carve a path for yourself. Be prepared to be flexible and responsive to changing circumstances or others' needs without losing sight of your vision. Use mental or physical imagery to reinforce your vision and communicate it with others so they are confident and inspired to work towards it too.

4. Creativity

To solve problems, generate new ideas and make decisions, you need to unlock your creativity. This requires you to be bold about embracing new and different ideas, break free of existing thought patterns and allow yourself to be playful. By seeing things differently and unlocking your own creativity you'll encourage others to also be creative.

5. Wellbeing

Maintaining good physical, mental and emotional health is essential in order to be clear-thinking, emotionally strong, and resilient as a leader. It also sets a good example to others – giving them permission to look after themselves, resulting in better performance.

6. Self-management

Take responsibility for your thoughts and actions. Make active choices about how you behave and how you communicate to others. If you are aware of your own behaviour and its impact on others you can make changes to improve your own effectiveness and that of others.

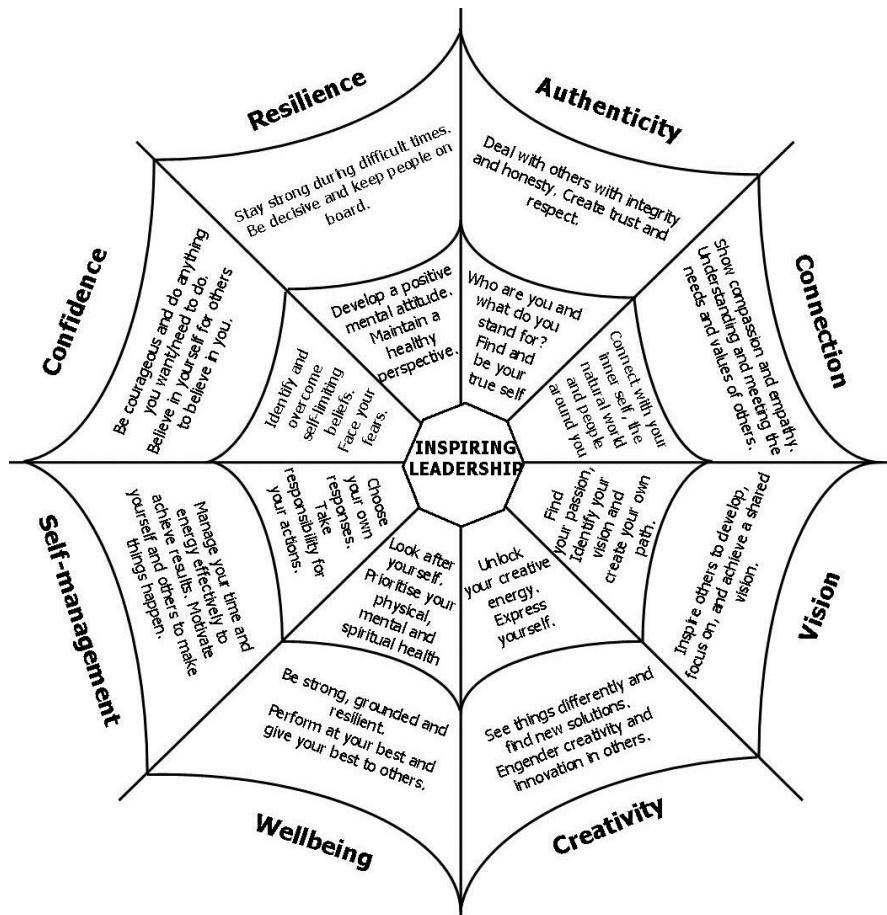
7. Confidence

You need to be courageous enough to do anything you want or need to do. Don't let self-limiting beliefs hold you back. Build on your strengths but don't be afraid to do things you find difficult or scary. If you believe in yourself and build your confidence, others will believe in you and you will achieve great things.

8. Resilience

Being a leader can be tough. It is essential to maintain a positive mental attitude and to keep things in perspective so that you are able to weather any storm. Be flexible, listen to others, and try to understand all angles of any situation, but stay strong and decisive so that others feel secure and confident about the future.

These 8 threads are interconnected to form a spider web pattern. A spider's web is gossamer thin yet stronger than steel - its strength comes from the interconnectedness of all its elements. The SpiderWeb leadership model has an inner wheel which represents our internal selves, and an outer wheel representing how we relate to and affect others around us:



To find out more about the SpiderWeb leadership model, email us at info@salt-box.co.uk or call us on 01749 687357 or visit www.salt-box.co.uk

To find out more about our amazing SpiderWeb Programme training which takes place over 2½ days in the beautiful Wiltshire countryside and includes powerful experiential activities to explore and develop the 8 essential threads of inspiring leadership visit <http://www.salt-box.co.uk/training-open-program.asp?newsID=12>