

MANAGE THYSELF:

A Workshop in Breaking the Chain of Bad Leadership Habits



Transformational Leadership Launches Here



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He who controls others may be powerful, but he who has mastered himself is mightier still.

Lao Tzu

First Things First



No matter how we have become a leader, it is important to remember we must **lead ourselves** before we lead others.



AM radio

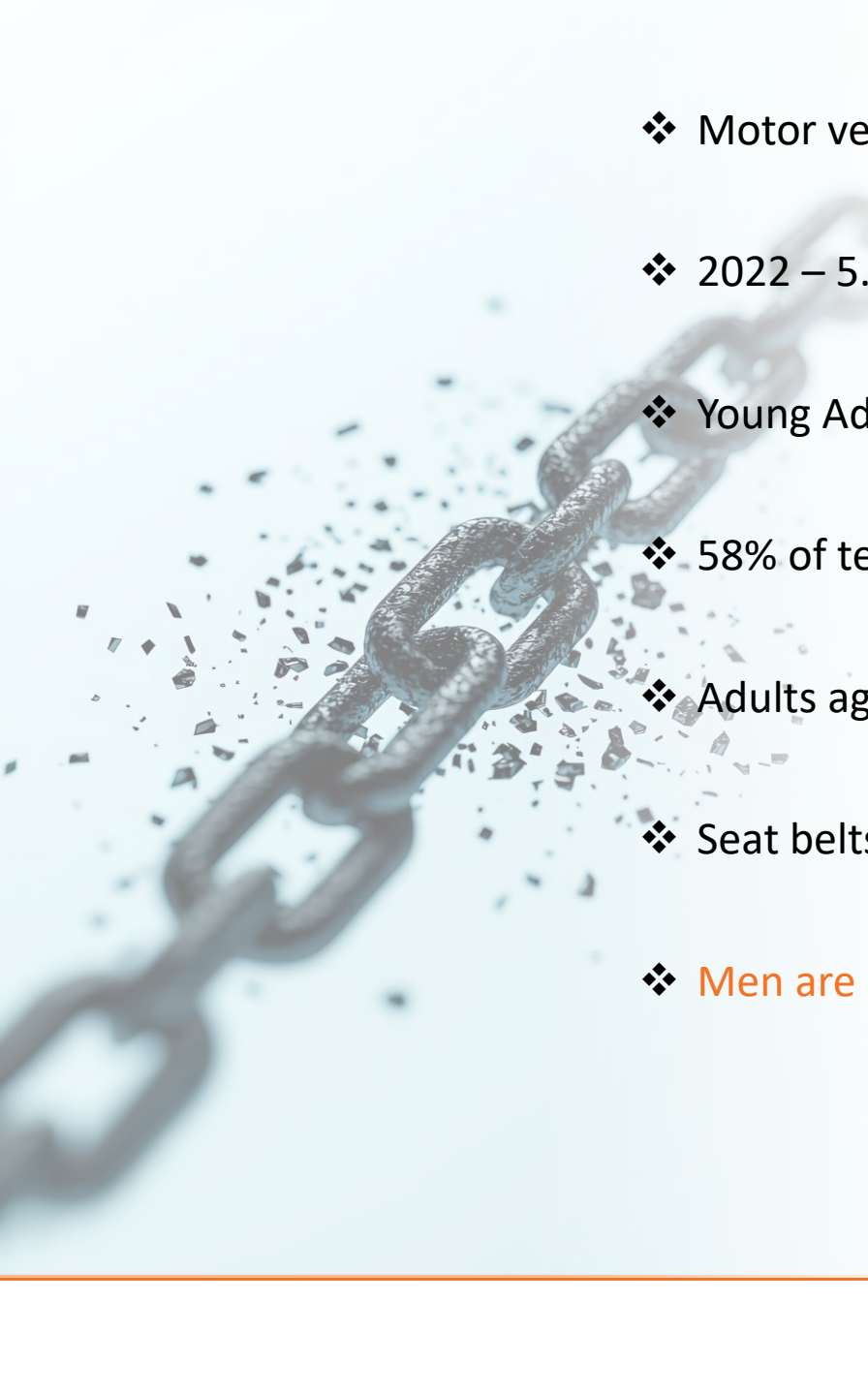
No power steering

No A/C

No seat belts

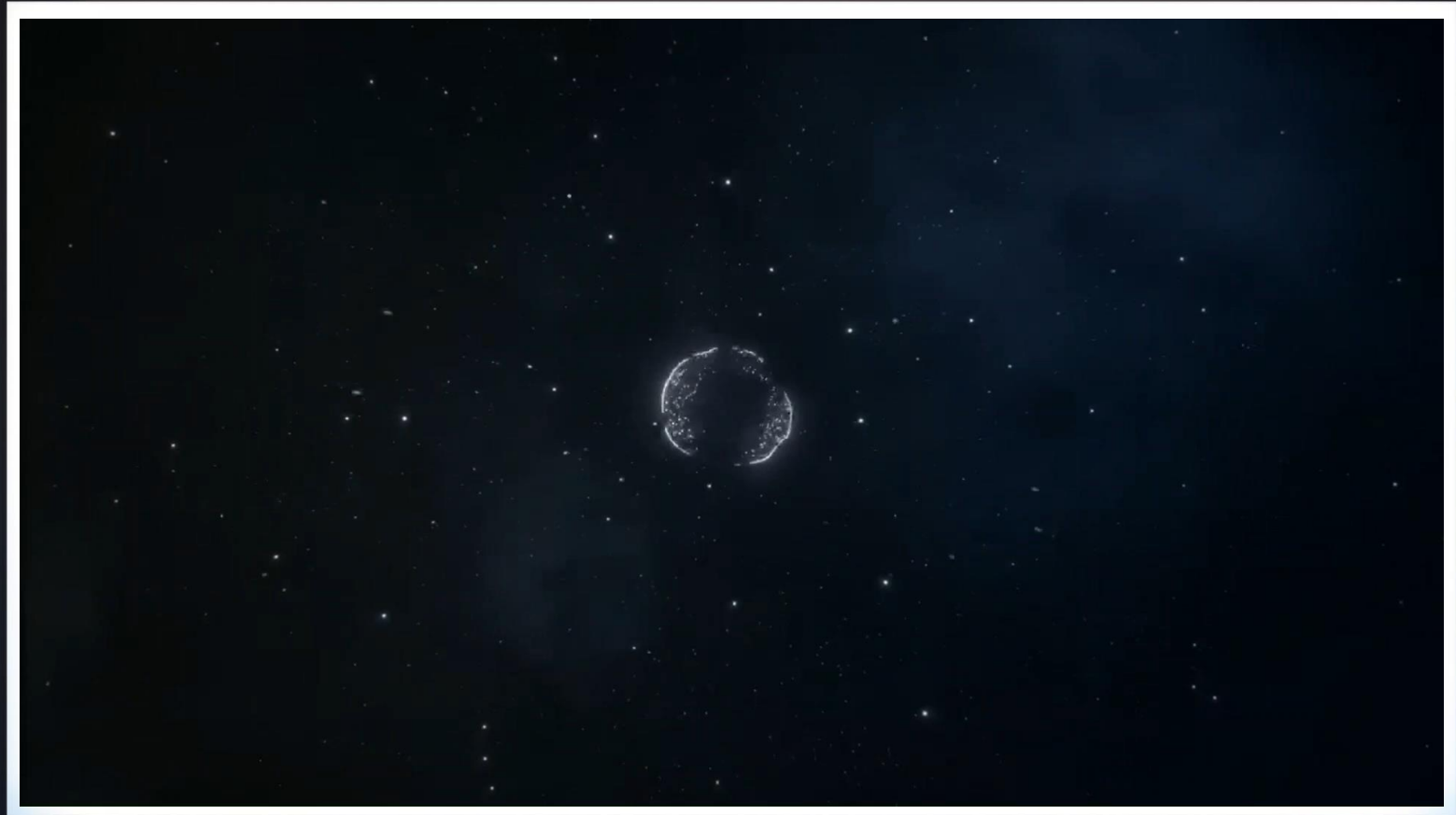
No power brakes



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- ❖ Motor vehicle crashes are **leading cause of death** among people ages 1 to 54
 - ❖ 2022 – 5.2 Million drivers/passengers **treated for injury** in motor vehicle accidents
 - ❖ Young Adults (18 to 24) have **highest crash-related injury rates** of all adults
 - ❖ 58% of teens (13 to 20) that **died in auto accidents** in 2020 were NOT wearing a seat belt
 - ❖ Adults age **18 to 34 are less likely** to wear seat belts than adults 35 and older
 - ❖ Seat belts reduce serious crash-related **injuries and deaths by about half**
 - ❖ **Men are 10% less likely** to wear seat belts than women

What do *SEAT BELTS* have to do with **LEADERSHIP**?





Trigger → Behavior → Reward

- Not all habits are **BAD habits**
- Bad leadership habits are **not personality flaws** (although at times it may appear so)
- These types of faults **do not occur in isolation**. They involve interaction amongst peers.
- They are **not deficiencies** in skill, knowledge or intellect
- Usually are **counterproductive behaviors**
- It takes **30 days (usually) to develop a good habit** of thought and modified behavior



4 Steps to Breaking the Chain

- 1 Honestly assess your bad leadership habits.



Let's discover bad leadership habits together!



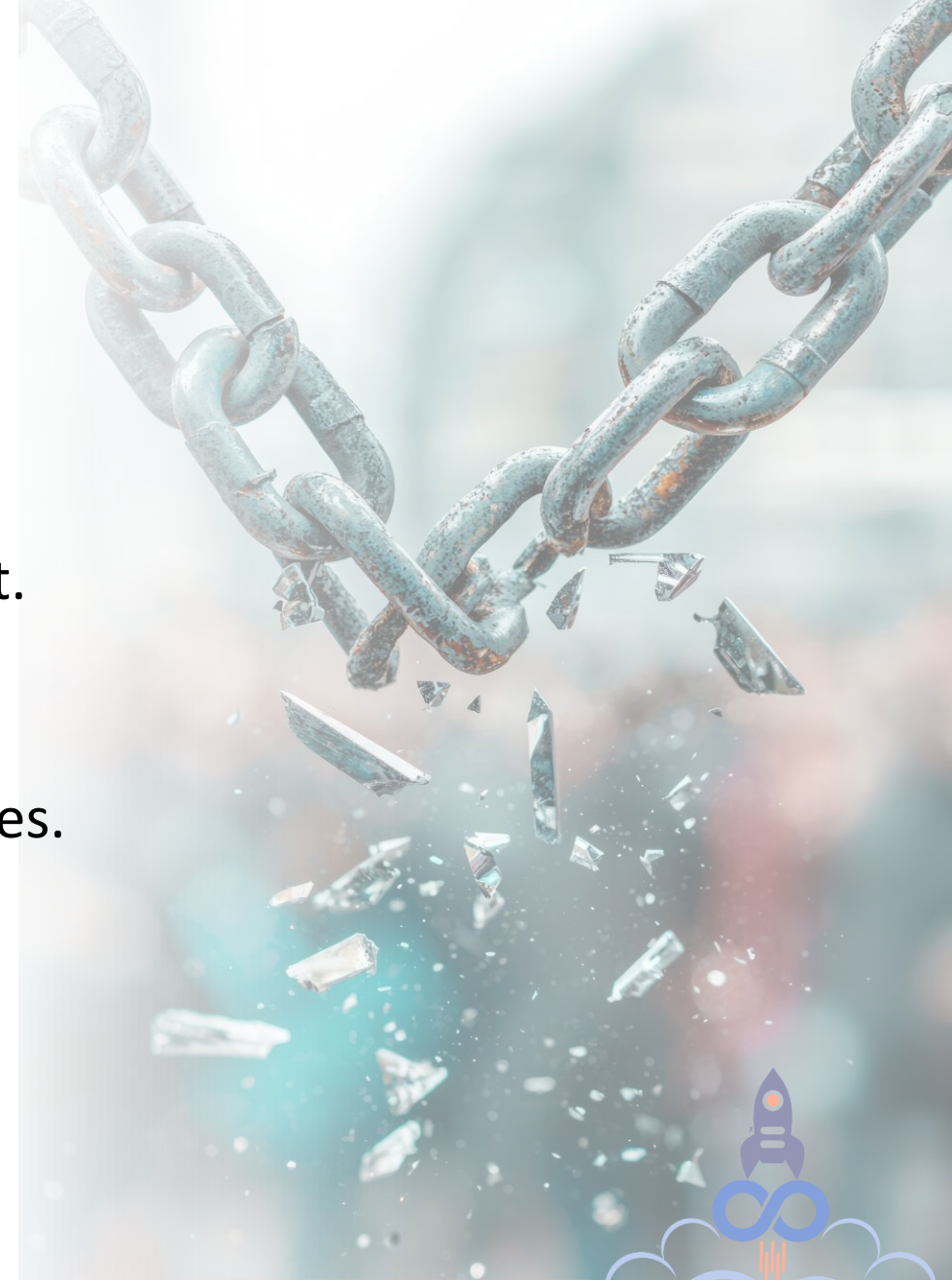
Leadership Feud

1	6
2	7
3	8
4	9
5	10



4 Steps to Breaking the Chain

- 1 Honestly assess your bad leadership habits.
- 2 Discover the context cues that trigger the habit.
- 3 Embrace new actions in replacement of old ones.
- 4 Practice, practice, practice.



More Resources

BOOST YOUR BUSINESS



LEADERSHIP YOU



Thank YOU!

