

Squiggly Careers PodSheet

How to lead with authenticity



What leadership looks like now....

Leadership is how you energise your people towards your vision - it has emotional intelligence at its core.

Today's leaders demonstrate kindness, care, and humanity - they are not afraid to be vulnerable, honest or transparent and they own up to their mistakes.

Leadership is not about levels - we can all develop the skills to be effective leaders.

? What does leadership mean to you?

3 ideas for action

1 Create an environment where others can flourish.

Authentic leadership isn't about your position on an organisational chart it's about how you energise and bring people together to achieve a shared outcome.

How can you adapt the way you work to energise others?

2 Share your mistakes and what you learnt

Creating an environment where people feel safe to fail increases team performance. Be prepared to be vulnerable and be open in sharing your mistakes.

How can you create space for more honest conversations?

3 Build your leadership around your strengths

There is no one-sits-suit-all style of leadership. Focus on finding a style that feels authentic to you

How can your strengths help others to succeed?

Best piece of career advice

“ Become a leader by being authentically you. Be the best version of you that you can possibly be. ”

René Carayol

A leader is someone...

- ✓ ...you can trust
- ✓ ...you believe in
- ✓ ...whose vision you want to belong to.



Coach Yourself Questions

? What 3 words would you like people to use to describe your impact at a leader?

? How could you develop your leadership skills in the next 12 months?

Recommended resources



[Emotional Intelligence: Why it Can Matter More Than IQ](#)

A groundbreaking book by Daniel Goleman



[The crisis of leadership - and a new way forward](#)

Insightful conversation between change catalyst Halla Tómasdóttir and Ted Talk curator Bryn Freedman



[How to use emotional intelligence at work](#)

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Amazing if