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8

Skills

of the

Mindful

Leader

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1. Interrupt Negative Talk

...from yourself *and* others.

Recognize emotions in real time. People who assume this is easy are the WORST at it.

Halt gossip, complaining.

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2. Maintain Healthy Image

...for your team and yourself.

Exist somewhere between
imposter and narcissist.

That's a start.

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3. Form Your Own Opinions

...especially about colleagues.

Ask “why.”

(One of my most fundamental mistakes was inheriting preconceptions from a particular boss on a large project I was leading at a large tech company.)

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4. Frame Risk Coolly

Be neither gambler nor
coward.

“Think in bets”* and focus on
ROI not perception. Ease
people’s fears.

* See Annie Duke’s book of the
same name.

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5. Optimize for the Whole

Obsess about customers.

See the big picture beyond
your silo.

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6. Put Others First

Demonstrate genuine care for and loyalty to teammates.

Give credit freely.

Advertise your mistakes so others may learn.

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7. Conjure Joy

Acknowledge negatives, but
don't dwell.

Humans need positivity. Your
team happens to be human*.

So are you.

* At least for now :)

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8. Reinvent Yourself

Monitor yourself and reflect.

Experiment with your OS.

Let others know.

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Thanks!

I help high performers have greater impact.

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missed!

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