Brilliant Leadership Part 1

Start here and go clockwise

- Your team
  - An emotional soup
  - Everyone adds flavour
  - The more power you have the stronger the flavour
  - What flavour are you adding ?
- Your wellbeing
  - Look after you so you can look after your team
  - Keep the tank filled
  - Your to be list will help you be a well being
- Three words
  - At your best - if you find it hard, practise and ask a trusted friend
  - At your worst - probably easy
  - Being aware of both will help you notice quicker when you are not at your best
- Reticular Activating System (RAS)
  - Uses your beliefs and values to filter reality and make it fit
  - If you believe there is good in the world, you will see it. If you believe the world is a scary place it will be
  - Good news - you can retrain your brain if you need/want to
- It's not a one time thing
  - Dogs Diary (best day of my life)
  - Social Media, capitalism and society in general need you to feel 'less than' so they can sell you something. It is constantly trying to drag you down
  - So you need to have habits that keep you at your best.
  - Don't fit in. Be like Tim

Treat yourself like someone you love xx

- Forming 2%er habits
  - Gratitude
    - Practising gratitude will start to retrain your RAS and form new brain pathways.
    - Being grateful for bad things that didn't happen works as well
    - It makes the past, present and future better.
  - HUGGs
    - SMART goals don't inspire, stretch or empower your team
    - HUGGs may not be achievable, but by missing them you will achieve more than most
  - SUGGs
    - Many SUGGs can make a HUGG or drive a specific outcome.
  - 'Spark' Habit
    - What kick starts your day and puts you in 2% mode
    - If you can identify it, make it a daily habit
    - If you can't, find something and make it a habit
- Positive Psychology
  - 20+ years of research that has proven that realistic optimism is an 'optimum' attitude to have and can be learnt
  - Andy's researched suggests a small part of the population (2%) art statistically significantly different from the average and have higher levels of positivity and resilience
  - He also found a lot of healthy people with some unhealthy thinking habits - mood hoovers. Not bad people, just bad habits
  - We can all be 2%ers and mood hoovers, but we can form habits that allow us to be 2%ers more often
  - A key trait of 2%ers is they make the conscious choice to be positive and they have created habits that maintain that level of positivity
  - They think differently.