

WINTER 2010

SEASONS

As we are going into our winter in the Southern Hemisphere one can see the wonderful colours of autumn combined with unique energy of winter. On wind still days the air has a special crispness, a cleanness that creates a rejuvenating feeling after the coldness of the previous night and morning.

While as humans we go along using the moments of each day writing our own stories of our life's, nature is resting for the new seasons of spring that is about to unfold.



I would like us to spend some time in the newsletter on standing still for a few moments as individual human being reflecting on our own wholeness as beings, at this point and time. As human beings I would like us for purpose of our reflection to think of us as beings made up of different energy parts. The energy parts made up out of Spiritual, Emotional, Physical and Cognitive energy.

In physics we learn that energy can changes from one form to another, energy can also be wasted if not utilised in a constructive manner. So the question is how well are you utilising your energy? As a leader how well are you empowering other to utilise their energy to the benefit of the organisation?

Would our way of engaging in life be different if we think of it as short cycles of autumn, winter, spring and summer? Where we have a contribution to make as human's to each other, our families, our communities and work, but also to remember that we also need time and space; to learn new things, time to reflect, time to enjoy the small things in life so that we can build new energy to be able to bloom in the next phase of our cycle of life, may it be the next day, month of year.

Enjoy life as a Human being and not a Human doings until we meet again.

Hendrik

BOOK REVIEW

THE LEADER WHO HAD NO TITLE

Personally I enjoy reading Robin Sharma's books, The Leader who had no title and The monk who sold his Ferrari is the books that stand up above the rest for me.

The book is written in a Story Telling fashion that make it an easy read and in a way for the wisdom to resonate so much easier with the reader.

The bases are that all of us are leaders in the different roles that we take up in life and that we do not need a title to lead. The four key messages in the book are the following:

1. You Need No Title to be a Leader

This part of the book focus on the fact that human beings has choice to act either pro-actively or reactively on situations in life and the question is how do you take up this leadership role in your life?

The acronym associated with this part of the book is, IMAGE:

- Innovation, we need to create growth daily through innovation.
- Mastery, committing to mastery through constant improvement.
- Authenticity, being trustworthy to yourself and other.
- Guts, having the courage to do things other fear to do.
- Ethics, doing what is right and staying true to your values.

2. Turbulent Times Build Great Leaders

This part of the book focus on chaos and change and how do each of take up our role in these turbulent times?

The acronym associated with turbulent times is, SPARK:

- Speak the naked truth and rather over communicate.
- Prioritise, Focus on the best and neglect all the rest.
- Adversity creates opportunity.
- Response, do we act or react on events in our life?
- Kudus, stand for recognition for everybody, for doing things right.

3. The Deeper Your Relationship, the Stronger your Leadership

This part of the book focuses on relationships and the importance of surrounding us with strong people to make us as leaders strong. The question is also asked how much heart and contribution do we put into our relationships. The acronym associated with relationships is, HUMAN:

- Helpfulness. What is your contribution and value add?
- Understanding through using your ears to really listen.
- Mingle. Network and engage with people at all levels.
- Amuse people through fun to get engagement.
- Nurture, people that they feel valued after each engagement.

4. To Be a Great Leader, First Become a Great Person.

This part of the book brings balance to remind us that we need to grow as individuals to be able to contribute to other and the world. The acronym associated with this part is then also very appropriate, SHINE:

- See clearly. The question that we need to ask frequently is what our reality is and what is actual reality? The way we look at the world.
- Health is important to ensure we have energy to create wealth.
- Inspiration. As leader you need to ensure daily interaction with activities that inspire you, so that you can inspire other.
- Neglect not your family and friends.
- Elevate your lifestyle, meaning that as great leaders we must also enjoy the journey.

Summary:

Great read as a self-help guide to all readers interested in leadership and self-development. For the experienced coach or HR Professionals I enjoyed the book as a good revision for all those principals that are commonsense but not common practice.

Overall Rating: 4/5



craffiescoaching
the art of being

Cell: 078 742 6873
Fax: 086 689 7393

P.O. Box 32834
Fichardt Park
9317

Email: hendrik@craffiescoaching.co.za
Website: www.craffiescoaching.co.za

REFLECTIVE EXERCISE:

(The purpose of the exercise is to reflect on your Energy Status, take a few minutes and complete the exercise.)

REFLECTION	YES	NO	NOTES
SPIRITUAL ENERGY			
Do you have a specific purpose you are exploring?			
Do you have a daily religious practice? (Reading, Praying, Meditation etc.)			
Do you have a religious practice as part of a community?			
Do you make time to reflect on your journey of life? (Example journaling.)			
EMOTIONAL & SOCIAL ENERGY			
On a scale of 1-, how would you rate your current stress levels?			
How are your relationships with? Scale 1-5 <ul style="list-style-type: none"> • Spouse • Kids • Friends & Family • Boss & Subordinates 			
How are you maintaining these relationships?			
What support do you need to give and receive from the relationships?			
Do you have any unresolved issues with any of the relationships? Apologies, Acknowledgements etc.			
PHYSICAL ENERGY			
When last did you go for a medical check up?			
Do you have a regular exercise program, where you exercise at least 3 times a week?			
Do you eat regular healthy meals everyday?			
Do you get on average eight hours sleep per day?			
Do you regularly engage in some leisure activities?			
COGNITIVE & EXECUTION ENERGY			
Do you have a development path? What do you do grow, reading, learning etc.			
What development plan for the future?			
How well are you performing in your career? (Scale 1-5)			
How well are you executing your personal goals (Your purpose)? (Scale 1-5)			
How optimistic/positive are you currently? (Scale 1-5)			
Do you have a written plan, addressing the above topics?			
Do you review your plan regularly?			