

The Five Cs of Confident Leadership

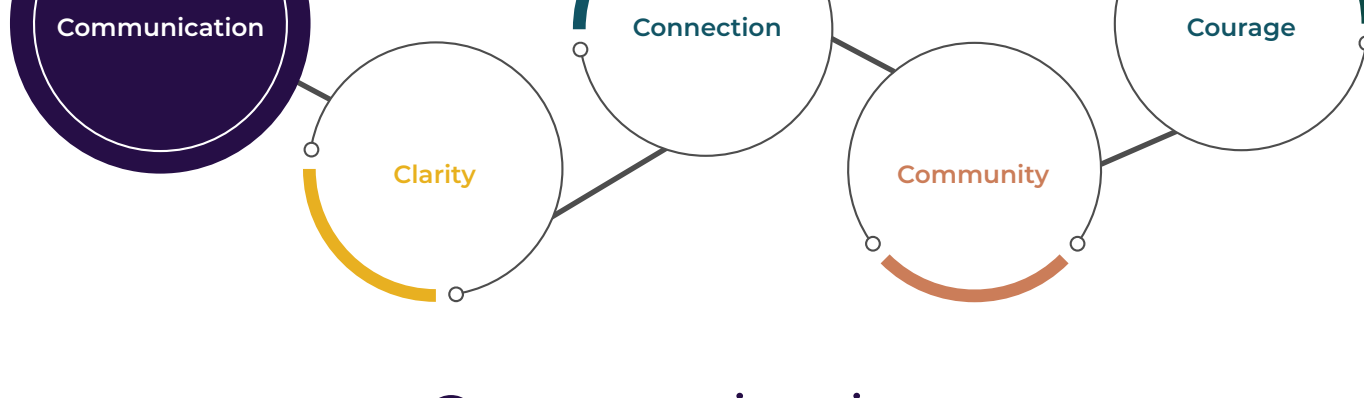


Chances are good that if you're in a position of leadership, it's not uncommon to feel the weight of the world on your shoulders on a regular basis. People are counting on you to get things done, meet milestones, put out fires, exceed expectations, and much, much more.

Let's be honest -- even leaders need guidance sometimes. And that's where The Five Cs of Confident Leadership comes in -- Communication, Clarity, Connection, Community and Courage.

Developed by The Leadership Group, the following is an insightful, thought-provoking snapshot of the deep, far-reaching work that is done during the Five Cs of Confident Leadership Program offered by Dale Allen and Trevor Stevenson, co-founders of The Leadership Group.

Ready to dip your toe in the Five Cs?



- Communication -

Communication is our first C because without it, we wouldn't have the other four C's. Communication is fundamental when it comes to leadership -- it informs every decision and every interaction. And depending on your style, it can say a lot about who you are as a leader.

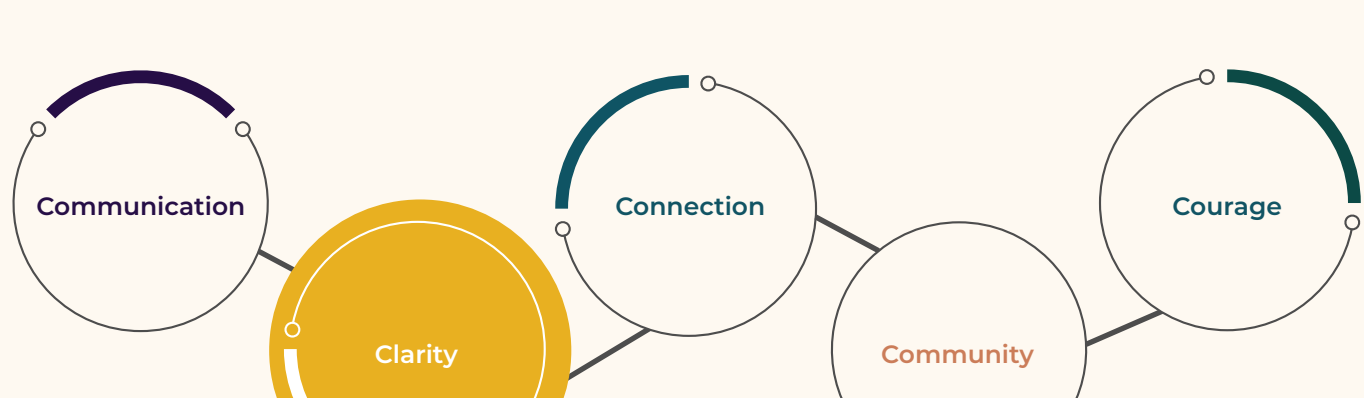
Have you ever given thought to what your leadership style might be? A good place start is the subject of fear vs. trust. No matter the situation, your thoughts, words and actions will spring from one of these two headspaces. With this, ask yourself:

1. How does pressure affect my communication style? (I.e. when a deadline nears, or when I have to make a tough decision, do I become reactive, hyper-focused, withdrawn, or erratic?)
2. In what manner do I address my staff when they express concern over their workload?
3. In what ways do I supply comfort and exude confidence in times of fear and uncertainty?

Being an effective communicator is an invaluable leadership skill that goes far beyond having an even temper or providing concise directives. It relies on a thoughtful combination of empathy, accessibility, approachability and a genuine level of care and compassion for your team.

In essence, a strong communicator is a conscious communicator.

And a conscious communicator is well on their way to becoming an incredible leader.



- Clarity -

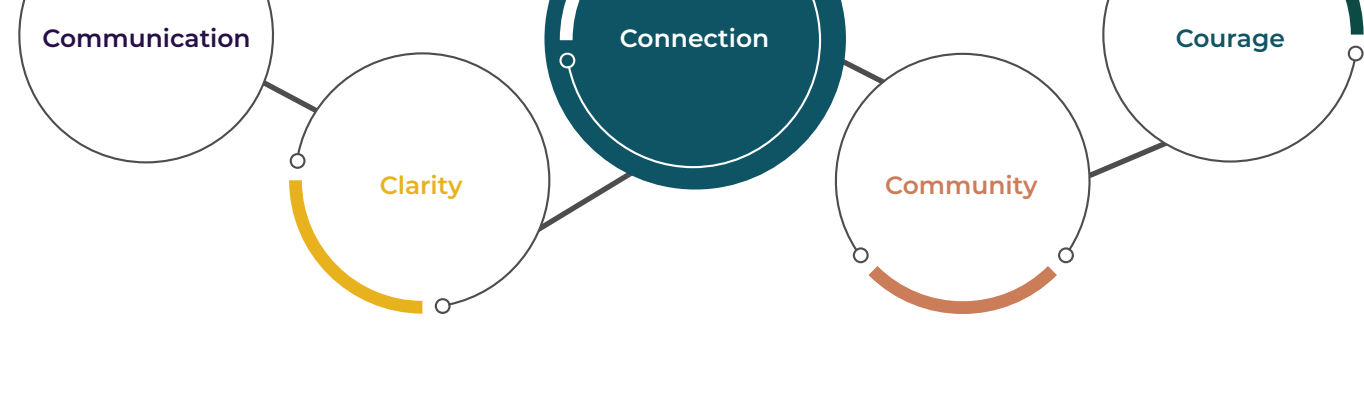
If you're leading the ship and don't know how to operate a compass, the journey will not be a fun one -- for you or your shipmates. It's vital to not just have a sense of where you're going, but actual clarity. It's especially important when you're introducing change or working towards new goals with your team. The common mix of excitement and anticipation alongside anxiety and fear can be challenging and even unsettling.

But by asking yourself the following questions, you'll see that clarity can be a magical balm when in the throes of change.

1. How do I react to change? Does it thrill me or freak me out?
2. How can re-framing change as opportunity, help me to readjust my mindset?
3. What can I do to break through confusion and stress in the midst of change?
4. How can I help my team see a way forward and feel more calm and prepared in the face of change, challenges, or even crisis?

When you can harness clarity for both yourself and your team, it can be incredibly liberating. You know what you're working towards and how to get there.

It's a great feeling.



- Connection -

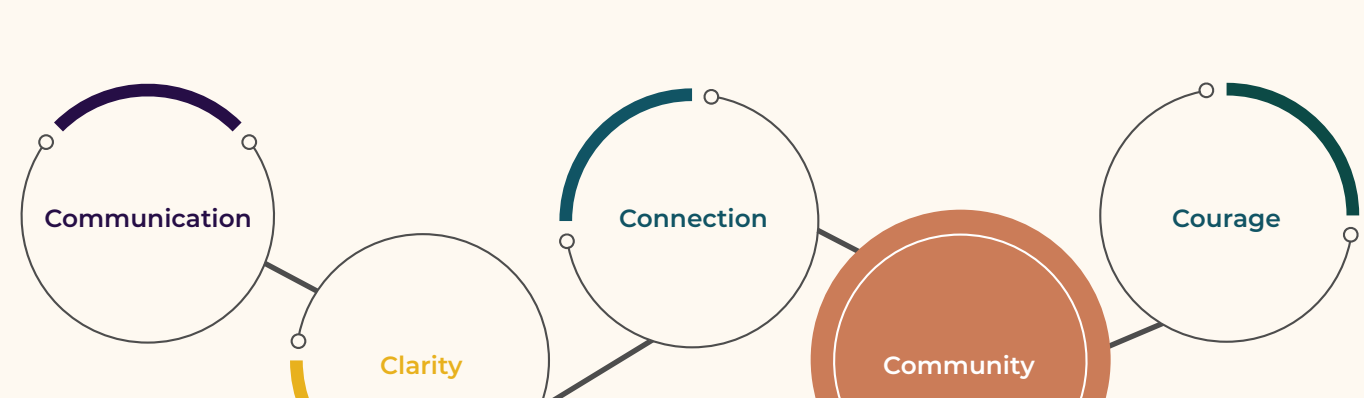
If you find success with Communication and Clarity, the logical progression is Connection -- the ability to be grounded and cultivate stability in our emotional and physical worlds -- between ourselves and others. Leaders who embrace connection are rewarded with a familial sense of belonging and a team environment that thrives on trust and collaboration.

Decisions that were formally motivated by fear are now informed by shared purpose and values -- and a deeper capacity to be inspired by possibility.

If forming connection is something you struggle with, consider the following questions:

1. When you are feeling unbalanced, what thoughts or conversations bring you a sense of comfort/calm?
2. Is it possible you have unmet needs that need to be addressed? (Insomnia, irritability, tendency to micromanage, etc.).
3. How can I demonstrate that I am committed to fulfilling my needs? (I.e. establishing boundaries between work and home life, questioning unrealistic deadlines, taking brain/wellness breaks when I feel the need, etc.)
4. Am I willing to open up dialogue with my staff/colleagues regarding their goals, grievances and concerns? Am I willing to address my concerns with my boss?
5. How can I ensure that others feel heard and understood? How can I display empathy and compassion?

Endeavouring to enrich your relationship with your team begins with taking an in-depth look at yourself. The act of forming a connection with others is inherently vulnerable, and while it can be challenging to "go there", the rewards far outweigh the risk.



- Community -

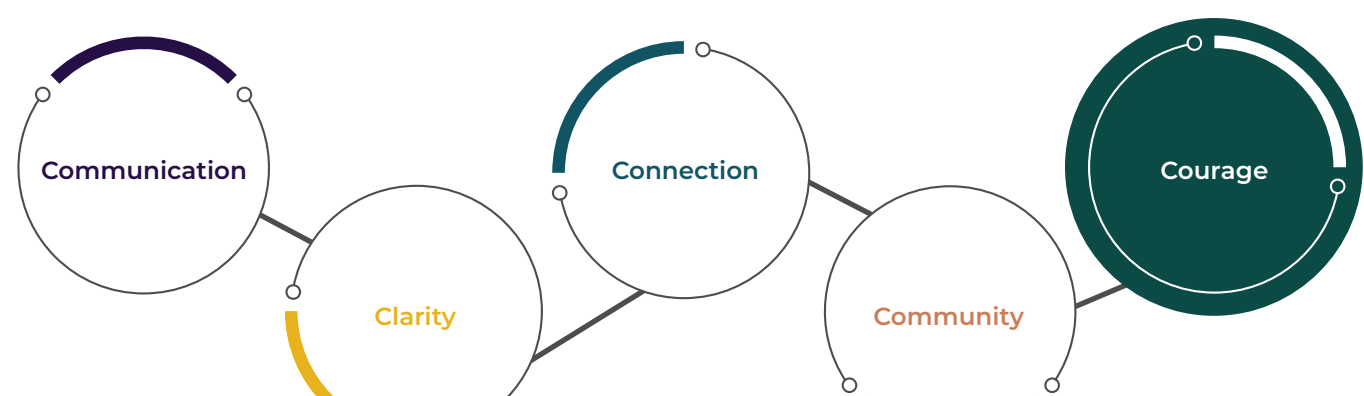
Those in leadership roles naturally feel an inordinate amount of pressure to succeed. That pressure is only compounded by the fact that leaders often feel quite isolated in their times of stress. The common assumption is that they should be unflappable, but even leaders have their moments of discouragement. And this is OKAY. Especially if you're lucky enough to have cultivated a sense of community in your day-to-day environment. By surrounding yourself with a like-minded, empathetic and cooperative fellowship of colleagues, you don't just have a soft place to land as a leader -- you have a warm and supportive environment for your entire team.

Is leadership something that is lacking in your leadership life? Explore the following questions and how you might go about changing that.

1. Can you make an effort to see past personal differences in order to connect with an individual's values?
2. What role does trust play in your capacity to cooperate and collaborate with others?
3. In what ways can building a sense of community facilitate personal and professional advancement?/ help you to achieve personal and professional goals?
4. How can building a sense of community dampen feelings of fear?

Challenging your personal capacity to cooperate and collaborate with others is what lies at the heart of building community.

Do you feel ready to do the work?



- Courage -

Courage is the willingness to act in the face of fear, doubt or uncertainty. Many assume it to be a given trait of natural born leaders, but rest assured, leaders are human, and fearlessness is not a given. Even the most accomplished of leaders have struggled with trepidation and uneasiness when faced with big decisions or unexpected crises.

What many don't realize is that courage is a choice. It is a choice to move forward, knowing that come what may, you will do whatever it takes to deal with it. Courage builds confidence and creates certainty. In uncertain times, courage can be all it takes to lead people through darkness.

Feel like you need to up your courage game? Ask yourself these questions.

1. When you're experiencing change/ challenge/conflict, what is your typical reaction? Do you get defensive? Do you retreat? Do you know what causes either?
2. Self-talk that may be impacting your capacity for courage?
3. Do you fear losing something by being courageous?
4. Have you thought about what you could gain by being courageous?

There are always (at least) 2 paths to journey: forward into the unknown, in the direction of possibility; or retreat/stagnate - to do what we have always done, what we know, and in receipt of what we've always gotten.

Courage brings us to new places, to new relationships and new results.

This is just the beginning

So? Has your curiosity been piqued? Do you feel even just the tiniest bit energized and inspired to delve into your ever-expansive potential as a leader? The Confident Leadership Program is a rare and exciting opportunity to do just that.

For more information or to register for our next program session,

[VISIT OUR WEBSITE](#)