

Become an Emotionally Fit Leader

Susan Packard



Susan Packard, co-founder of Scripps Networks Interactive and former COO of HGTV, learned lessons in courage as she built a television network from the ground up. Specifically, Susan shared at Leadercast Women 2019 what she learned about the courage of the soul.

Leaders must constantly do the hard inner work required to be leaders worth following and honorable human beings. “We need soul energy, which is moral courage to do what’s right and be in service to something greater than our own self-interests,” Susan said.

3 Steps to Being Emotionally Fit

- 1. Confront yourself.** Examine your life and accept that you’re fully human. “Name it, claim it, let it go,” says Susan. Identify your feelings, own them and then express them to someone else.
- 2. Trust others.** Once you’ve confronted yourself, you free yourself to develop a positive rapport with and rely on your team members.
- 3. Adopt “we” principles.** The final step to becoming an emotionally fit leader means cultivating collaboration, leading with lightness and being authentic.