



LEAD WITH **AND**

*The Secret to Resilience and
Results in a Polarized World*

“The test of a first-rate intelligence is **the ability to hold two opposed ideas in the mind at the same time,** and still retain the ability to function.”

- *F. Scott Fitzgerald*



LEADERSHIP

RESPONSIBLE

TO MOVE THINGS
FORWARD

DRIVEN

TO MAKE
A DIFFERENCE

- Between traditional **AND** progressive viewpoints
- Between rational **AND** emotional responses
- Between taking action **AND** just being there
- Between solitude **AND** leisure
- Between fasting **AND** feast
- Between discipline **AND** wildness.

St. Teresa of Avila, 1515



“The transformational skill of leadership is to hold opposites in tension...It makes us better leaders, better partners and even better parents.”

- Barack Obama

6 Unavoidable Leadership Tensions

1. Being Optimistic **AND** Realistic
2. Embracing Change **AND** Preserving Stability
3. Being Profit Focused **AND** Purpose Driven
4. Having Expectations **AND** Extending Grace
5. Caring for Others **AND** Caring for Yourself
6. Building Confidence **AND** Remaining Humble



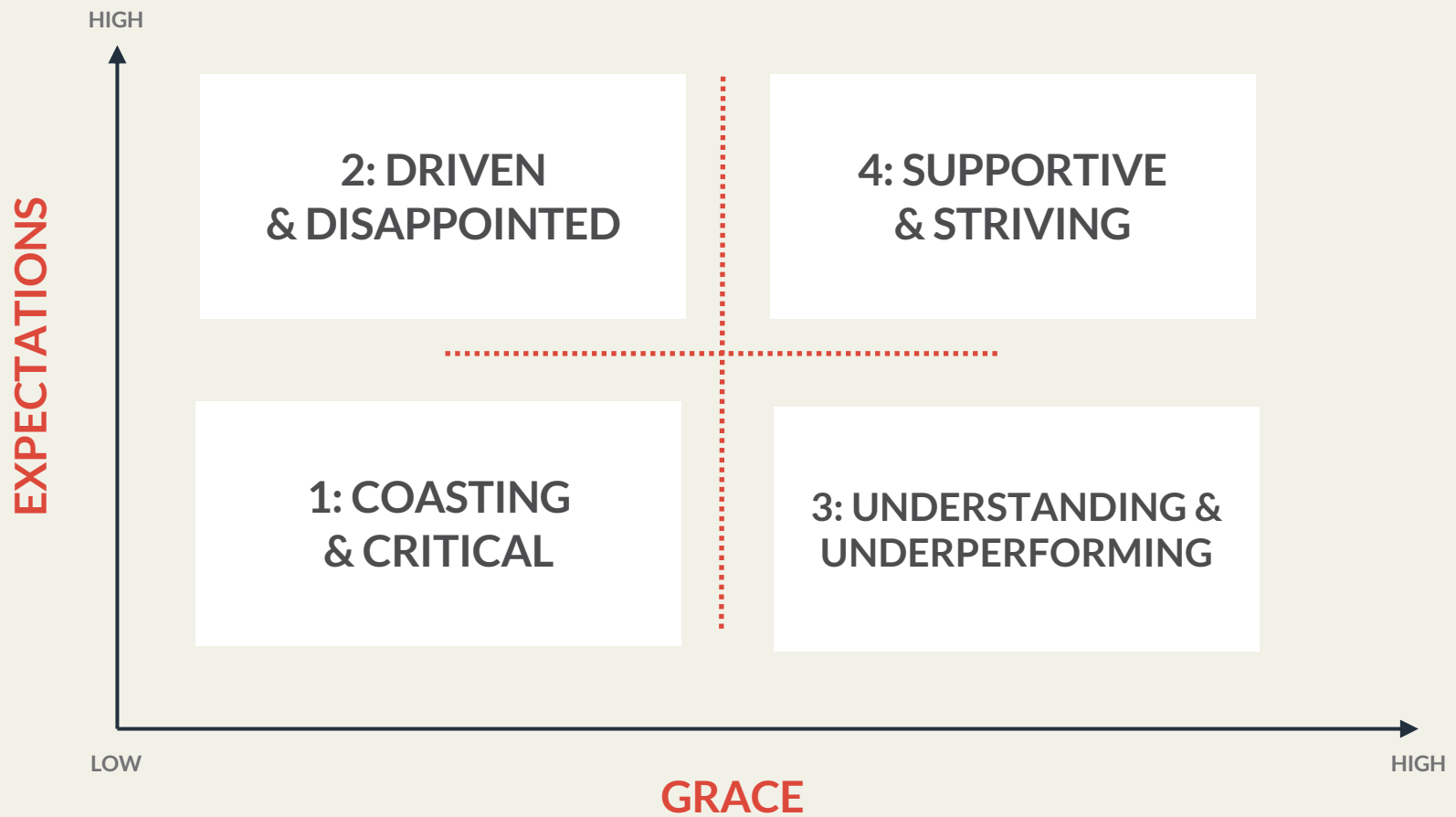
Take a deep breath and say,
'hey, both of these things can
be true.'

And that energy that we
create holding opposite things
(in tension) is the birthplace of
transformation.

Not only are tensions OK and
normal — they're the magic
sauce.

- Brené Brown





Step 1: **Understand**

Step 2: **Assess**

Step 3: **Leverage**

1. Start Here

2. Next Go Here

Step 1: Understand

HEALTHY TENSION WORKSHEET

Start by identifying 3 **positive results** from focusing on each side and write them in these two boxes below.

+ POSITIVE RESULTS	POSITIVE RESULTS +

+

VALUE 1

+

+

VALUE 2

+

- NEGATIVE RESULTS WHEN OVERDONE	NEGATIVE RESULTS WHEN OVERDONE -

Identify 3 **negative results** when each side is overdone to the neglect of the other in the two boxes above.

3

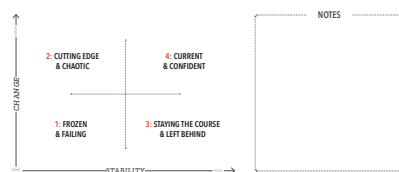
3. Shift Here

4. Finish Here

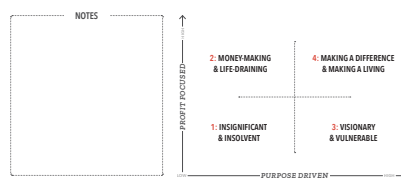
BEING OPTIMISTIC AND BEING REALISTIC



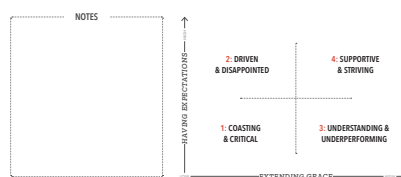
EMBRACING CHANGE AND PRESERVING STABILITY



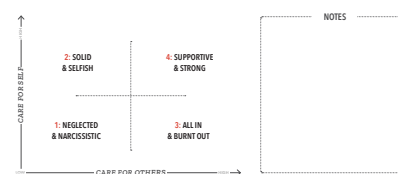
BEING PROFIT FOCUSED AND BEING PURPOSE DRIVEN



HAVING EXPECTATIONS AND EXTENDING GRACE



CARING FOR OTHERS AND CARING FOR YOURSELF



BUILDING CONFIDENCE AND REMAINING HUMBLE



Step 1: **Understand**

Step 2: **Assess**

Step 3: **Leverage**

THE THREE C'S

1. CURIOSITY

- Learn From vs. Agree With
- “Help me understand...”

2. CONNECTION

- Expand vs. Exchange
- “Here’s where we agree...”

3. COURAGE

- Courage vs. Comfort





SOMETHING IN COMMON



CROSS YOUR **ARMS**



01



02



03

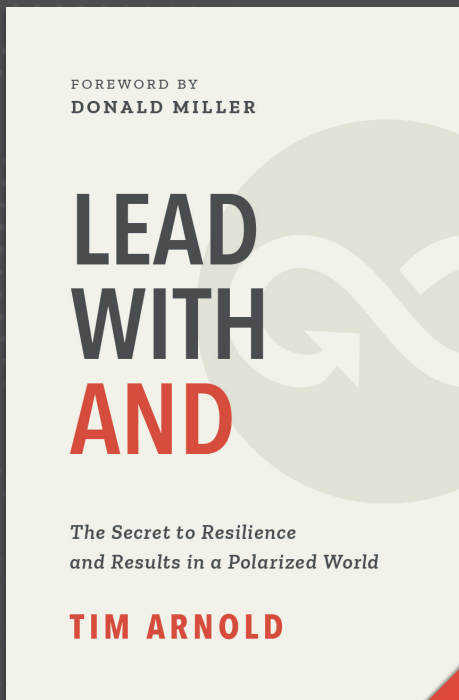
"Discomfort is the price of
admission to a meaningful life"

- Susan David, PhD



NEXT STEPS

www.leadersforleaders.ca/nextsteps



amazon

01

DOWNLOAD
SLIDES & RESOURCES

02

SIGN UP

03

STAY
IN TOUCH

