

LEADERS FOR LEADERS

From Surviving to Thriving

Embracing activity AND rest.



"Nature itself has a pulse, a rhythmic, wavelike movement between **activity** and **rest**."

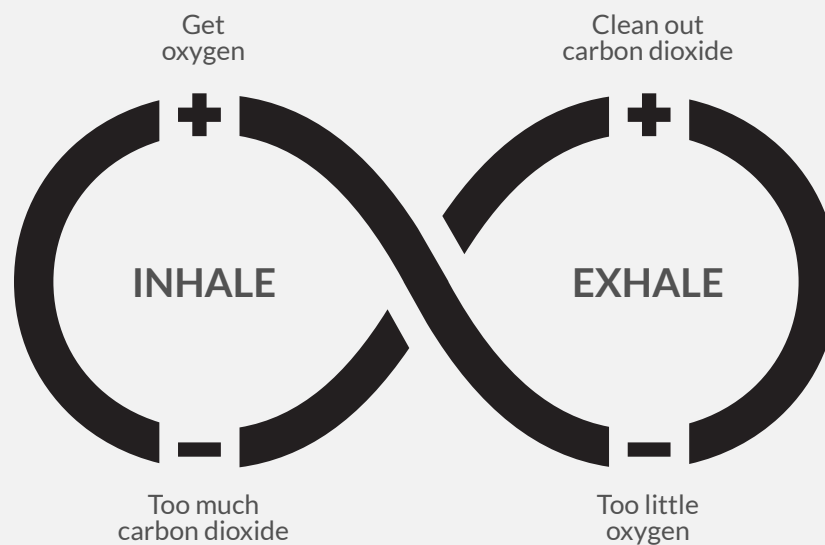
Think of the ebb and flow of the tides, the movement between seasons, and the daily rising and setting of the sun.

Likewise, all organisms follow life-sustaining rhythms—birds migrating, bears hibernating, squirrels gathering nuts, and fish spawning, all of them at predictable rhythms.

So, too, human beings are guided by rhythms—both of those dictated by nature and those encoded in our genes."

Jim Loehr

The Power of Full Engagement



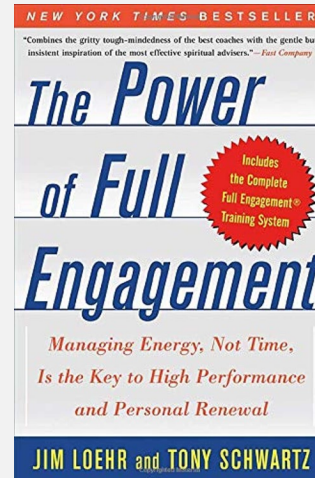
BREAKOUT #1

1. What quadrant are you currently spending the most time in?
2. What would it take to spend more time in quadrant #4?



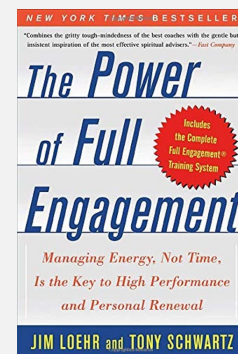
“To build capacity, we must systematically expose ourselves to more stress – followed by adequate recovery.”

Jim Loehr
The Power of Full Engagement



THE POWER OF FULL ENGAGEMENT

- In order to build **physical strength** in a muscle we must systematically stress it. This causes tears in the muscle fibres. But give the muscle 24 to 48 hours to recover and it grows stronger and better able to handle the next stimulus.
- We build **emotional, mental and spiritual** capacity in precisely the same way that we build physical capacity.



SELF ASSESSMENT - ACTIVITY

The Power of Full Engagement

PHYSICAL

Heart, lungs, core,
shoulders, back, legs, arms

O

[illegible]

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EMOTIONAL

Self-confidence, self-control, empathy

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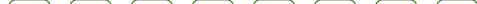
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MENTAL

Focused, optimistic,
productive, creative

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SPIRITUAL

Integrity, passion,
commitment, service

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SELF ASSESSMENT - REST

The Power of Full Engagement

PHYSICAL

Time to Recover

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[illegible]

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EMOTIONAL

Relationships & Situations

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MENTAL

Stop thinking & Ruminating

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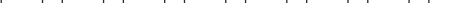


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SPIRITUAL

“Be” over “Do”

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BREAKOUT #2

1. What element of your life is the most healthy ([physical](#), [emotional](#), [mental](#), [spiritual](#))?
2. What element of your energy could use the most improvement ([physical](#), [emotional](#), [mental](#), [spiritual](#))?
3. What would be [one thing you could do in the next 30 days](#) that would help improve this element of your energy? Would it be stepping up with activity, or stepping back with rest?

ACTIVITY/REST – *Quick Wins*

ACTIVITY:

- Get outside!
- Make it fun
- Make it social

REST:

- 90-minute mini-breaks
- Have “stripes” in your calendar
- Turn off your notifications & limit social media



Learning Commitment

Putting learning into action.



MAIN POINT TO REMEMBER ABOUT THIS TOPIC

WHAT CAN I START, STOP, OR CONTINUE DOING IN THE
NEXT 30 DAYS TO PUT MY LEARNING INTO ACTION?

WHAT DO I FEEL MIGHT GET IN THE WAY OF HELPING
ME ACHIEVE THIS COMMITMENT?

WHAT IMPACT WILL THIS COMMITMENT HAVE ON
MY LEADERSHIP EFFECTIVENESS?



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