

Three Leadership Strategies that INSPIRE & ENERGIZE!

Hi! I'm glad you're here!

In my career spanning 40 years, I've attended seminars on team building, strategies for streamlining, marketing, customer service, leadership, and time management, plus countless learning opportunities, that I can no longer remember...

BUT I DO REMEMBER THIS - not once was I asked, "how are you leading yourself - how are you caring for your well-being?" (How about you?)



On the following pages are tips and strategies, to welcome in an ever growing sense of calm, confidence and conviction to what matters most to you, plus a **BONUS** worksheet to prompt ideas for leading with joy!

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LEAD WITH JOY!

IT'S YOUR TIME TO THRIVE

Strategy #1: Turn Down the Noise

Expand your Capacity

Have you ever woken up in the middle of the night with an idea?

Annoying for sure, but here's why this happens—**daytime is noisy**. There is no space for ideas, reflective thought, creativity and curiosity. In the middle of the night, your mind rests, the noise level is turned down and in comes a thought that then wakes you up.

FACT: Women have a skewed sense of how much we can accomplish in a day.



Gloria Steinem shared a quote regarding the socialization of women that really hits it home; *“women have been told they can have it all, as long as they do it all.”*

THREE TIPS FOR TURNING DOWN THE NOISE:

#1: Rip your To-Do List into Thirds (*Rest In Peace*)

Focus on your MIT's – Most Important Tasks. And ask yourself “what is it, that only I can do?” *And then delegate, hire the right help, let go of doing, for the sake of pleasing and focus on what matters most.*

#2: Strengthen your No Muscles

Finding your true yes, begins with saying “no” to obligation, to guilt, to “I have to, I should, I need to.” *Role play saying “no” with a friend or trusted colleague. What feels uncomfortable and why?*

#3: Be Mindful of What is Yours.

Women carry a lot of baggage. As a woman, you have been socialized to please, give and to take care of everyone. A powerful step to ‘turn down the noise’ is to raise your awareness of what is yours, and what are the messages and unspoken agreements collected from childhood, media and even well-meaning adults.

Let what isn't yours go.

Strategy #2: Be Curious

Increase your Impact

Curiosity leads to ideas, which leads to innovation, which leads to impact!

"Where there is curiosity there is room for possibility. Where there is room for possibility there is room for hope and change."

- Bryan Nixon



Case in point:

I had the pleasure of participating in a summit with clothing designer Eileen Fisher. As she shared her business philosophy, I found myself enraptured by her mindset of curiosity. I realized that she continually grows her company, which employs 1200 people worldwide, by being curious and consistently cultivating motivation and innovation.

Apparently, Curious George had it right!

TIP: To increase your impact as a leader -

Adopt a mindset of curiosity: with people, with problems, with projects, and with yourself. Curiosity = calm action and solutions.

Try it on for size... next time you're feeling stuck or frustrated, get curious...do you feel less stressed and more calm?

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Liberating mission inspired women from the burden of "not enough" and the myth of "busy equals success" ~Suzy Carroll
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Strategy #3: Lead Like a Woman

Confident and Strong

To lead with joy, women must be disruptors of an old and outdated paradigm that has marginalized us for centuries. *I call this bucking the system! [Feel free to insert an "F" for the "B"]*

A heart-centered female politician who I interviewed summed this up perfectly - *"I want women to let go of the bullshit messages and legacies that we carry forward!"*

Yes!



Confidence comes from knowing your strengths and your weaknesses, being in alignment with your core values, accepting all parts of yourself, embracing your gifts, cultivating solid self-esteem and being who you are.

-Confidence does not mean you are good at all things.

-Confidence does not mean, you will feel confident all the time.

We are human and we are women...our emotions fluctuate with the moon, the tide, the weather, our outfits - it's who we are. Own it.

TIPS:

- Be less hard on yourself - *Cut yourself some slack.*
- Acknowledge an off day - *Without putting yourself down (off days happen).*
- Be willing to say "hey, that's not my zone of genius - *but this is.*"
- Talk to yourself the way you would talk to a friend - *Cheer yourself.*
- Ask "where am I marginalizing myself?" - *Turn up your light and shine!*

How Are You Leading Yourself?

Worksheet

Note: If you don't know your answer, use these questions as a prompt to explore your feelings, your reactions and your behaviors.

Suggestion: Read these questions in the morning, see what comes up, and jot down your responses at the end of your day.

What beliefs and behaviors get in your way?

When you feel uneasy and restless, what do you do?

Are you incorporating quiet time for brilliance to emerge?

What depletes you?

What lights you up?

What are you saying “yes” to and why?

How do you feel when you say “no”? What feelings come up?

How good are your boundaries?

On a daily basis what can you do to feed your soul?



I truly walked my talk—right into a new chapter as an abstract artist! While I'm no longer coaching, I'm happy to recommend a few amazing coaches I know personally. Feel free to visit www.suzycarroll.com to learn more!

TO VIEW ARTWORK: www.suzycarroll.com

