



## Optimize Your Potential

Becoming the leader that you would like to be requires looking from within. Whether you are new to the leadership role or have been managing for a while, you may come to a point where you feel stagnant in your abilities, question your higher purpose, or wonder how you will manage your next project with staff. Recognizing that a change may need to occur in order for you to grow and consistently nurture skills is the first component. Adding the elements below may also be a helpful driver to spark your inner leadership talents.

## Identify Strengths

We all bring certain gifts to the table that serve a purpose. What is your strong suit – coaching employees, patience and perseverance, delegation? Knowing what you're good at can drive your potential, help you manage change effectively, incite passion for what you do, and keep you authentic and motivated.

## Believe in Yourself

Confidence. Trust and believe in yourself to build confidence. Are there situations where you could be more assertive in pursuing a new initiative or advocating for your staff's idea? You are stronger than you might think – show them you can do it! Lead with clarity, compassion, and a sense of purpose, and you'll see results.

## Lead by Example

Your staff looks to you for perspective, so it's essential that you be genuine, loyal, fair, empathetic, and enthusiastic. You're likely to receive more support, build meaningful relationships, and most of all, gain trust. If you have and display all of these qualities, much of what's needed for success will fall into place.

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Discover other ways to optimize your potential by utilizing the Employee Assistance Program (EAP), a valuable source of information for managers. You can visit online or call to speak with a counselor who can provide helpful consultation, tools, and resources.

**800-222-0364**

TTY: 888-262-7848

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