



## **ATTITUDE IS ONE THING, ACTION IS ENTIRELY DIFFERENT.**

For many people who are enduring the rigours of executive life, their main aim, is to find a balance between two extremes. The extremes are encapsulated by two well-known phrases - namely one who 'works to live' versus one 'who lives to work'.

Given a chance we all aim to be the architect of our own destiny. We want to know where we are heading. To get there we need to focus on our goals, plan how to get where we think we are heading, and meet some simple but critical criteria. But, it's amazing how easily life can get derailed.

Most of us can rationalise less than optimum outcomes. We find that our goals become clouded with time particularly when we find ourselves in a place where stress levels seem to rise on an almost daily basis.

If this description sounds like you and it's happening in a corporate environment, then it is likely those reporting to you are seeing that leadership aura, you used to have, fading. Perhaps the observation is just a niggle but that's all it takes for the shine to dull. When reputation starts to shift it is even possible that you can slip from being 'a leader' to a role you thought you had left far behind – being 'a boss'. This is not a happy time or place.


***“Leadership means making people feel good.”***

*Jean Chretien 1934- Canadian Prime Minister*

What's happened?

A good executive coach is an excellent starting point. The coach will help you step back, make an objective assessment of where you are and how to get back on track. You desperately need to rekindle those faded goals.

If it has been some time since you have taken a good look at yourself, the coach is probably going to help you check your self-awareness. Sometimes the most obvious issues are the hardest to see. Life and work pressures can often encroach and even dominate



your life until you are at a point where the most important issues, even your family, have been pushed right down the priorities list.

The crazy thing though is that this glass wall you seem to be punching hasn't been built by anyone but you. You have become your own worst enemy.

Given that behaviour is a reflection of attitudes – you know it's time to act. It's time to seek the support of an executive coach. Many of your friends have talked about the process.

***“Self-confidence is the first requisite to great undertakings.”***  
*Dr Samuel Johnson 1709-1784*

Coaching is without fear or favour and as it is confidential nobody is privy to your confusion or concerns. Uncover why you have lost your way of late. Sharing a burden is far easier than trying to go it alone.