

Leading a team



is like raising children

**At work or in the family,
leadership requires
the same skills.**

In this Presentation...



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Leadership skills

to practice at home and at work



3

Environment tips

for people to thrive

Leadership skills

Authenticity

Integrity

Mindfulness

Empathy

Personal responsibility

Authenticity

Be yourself

Share a personal story

Ask for help

Show you are willing to learn

Apologize if needed



Integrity

Be honest, consistently

Stand behind family / company values

Share your personal values

Be reliable

Keep your promises



Mindfulness

Be present

Pay attention in the moment

Be aware of team / family dynamics

Know your team / your children



**We are making sure
that the ship
is running smoothly
but we are not
handling the ropes.**

Empathy

Help with decisions

Show support even without expertise

Be a sparring partner

Feel with the other person

Ask questions / be curious



**Evaluate the situation and
ask a question.**

**Feel the gravity of the emotion,
not the gravity of the problem.**

Personal responsibility

Take care of your needs

Respect your borders

Take responsibility for your actions

Say what you like and don't like



+ Stay flexible

Be aware of changes

Adapt to changes

Adjust:

- the environment
- your leadership style
- your behavior



Environment tips

Safe space

Pick your battles

Measured challenges

Safe space

Show / teach

Offer support

Stay patient

Avoid punishment

Show & value trust

Inform on the bigger picture and
their role in it



Pick your battles

Consider wishes

Allow small freedoms important
to your team / children

Value the team's input



Measured challenges

Observe team members / children

Find a task where they can
balance capability and fear

Offer the task / project

Or simply ask them



**Then let go,
let them take responsibility
and be there for support.**

Leadership skills

Authenticity

Integrity

Mindfulness

Empathy

Personal responsibility

+ Stay flexible

Environment tips

Safe space

Pick your battles

Measured challenges

And then, let go.

Leadership is hard.

So why bother?

Leadership



Personal
growth