

Life, Health and You



Leadership Skills

Great work and great leadership often go hand-in-hand. So, when it comes to success, good leaders tend to share these five key qualities across the board that make them both competent managers. Which begs the question, do you demonstrate any of these qualities in your everyday work?

1. Good leaders motivate and encourage others. Employees are often faced with increased workloads and added stress because of declining resources. But good leaders can shift employees' attitudes for the better by investing in their people and foster skill development. And when employees are satisfied in a healthy environment, great results will follow.

2. Good leaders communicate clearly and listen attentively. Good leaders must be able to communicate a vision and interact with a diverse and ever-changing workforce in a way that inspires action

3. Good leaders are trustworthy. When people trust leaders and value their integrity, they tend to be more open to new ideas and exude a willingness to try.

4. Good leaders think critically. Good leaders need to be effective decision makers across the board. Solving significant issues and affecting the greatest change requires careful consideration and analysis of the evidence before formulating a decision. Having strong analytical, problem solving, and critical thinking skills is essential to the job.

5. Good leaders are resilient. Budgets get cut. Resources shrink. People come and go. Good leaders assume these challenges and develop alternative solutions. They remain positive during difficult times. And most importantly, they encourage confidence in their employees so, they too, will remain effective at the most crucial times.

Building Resilience

The more resilient we are, the easier it is to be flexible and adaptable. Here are some tips on how you can enhance your resilience during any challenging period.

Take care of yourself: Prioritize taking care of yourself and carve out time on your calendar for recovery, whether it's mental or physical.

Focus on what you can control: Identify what you can control, influence, and not control.

Practice reframing: Look for the positive aspects of challenges you face

Seek social support: Invite colleagues to lunch and commit to spending more time with family and friends.

Laugh: Watch more funny movies and television shows, listen to funny podcasts, spend more time with friends and colleagues who make you laugh.

National Health Observances

Each month, we feature select National Health Observances (NHOs) that highlight important health & life issues affecting people every day.

November is [Lung Cancer Awareness](#) month to identify and reduce risk factors.

November is also [National Healthy Skin Month](#) to focus on maintaining healthy skin and reducing the risks of skin cancers.

November 5-11 is [National Diabetes Education Week](#) which highlights education to reduce risks and manage living with diabetes.

Mental Health Minute



Managing Change & Stress

Identify your feelings and fears. What specifically may be making you sad or concerned?

Think about past times when you have coped with change. When were they? How did you cope then? Make a list of things you did or qualities that helped.

Look for the positive. Don't allow yourself to feel like a victim. Change can be good. There are silver linings to everything.

Be flexible and try not to fight it. Recognize that some stress is OK and go with the flow.

Look for support. Turn to friends, family, spouse, or anyone else who may have experienced similar situations or feelings.

LIVE MONTHLY WEBINAR:

Competent Leadership

Date: 11/8/2023 | Time: 1:30 PM to 2:30 PM EST

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