

QUOTES, QUIBBLE, QUESTION

48TH EDITION

FROM
THE
COACHING
GUY

WELCOME

Welcome, this week we are focusing on Leadership.

In this week's edition, we dive into the delicate balancing act of leadership. As a leader, you're tasked with supporting your team and delivering results, shaping the culture, and keeping your people inspired. It's a tall order that requires finesse, self-awareness, and a clear vision. Let's explore how to maintain this balance effectively.

QUOTES

"Leadership is not about being in charge. It's about taking care of those in your charge." [Simon Sinek](#)

"The best leaders are those most interested in surrounding themselves with assistants and associates smarter than they are." [John C. Maxwell](#)

"Balance is not better time management, but better boundary management. Balance means making choices and enjoying those choices." [Betsy Jacobson](#)

"To handle yourself, use your head; to handle others, use your heart." [Eleanor Roosevelt](#)

Q U I B B L E

How much should you give in leadership, and how much should you expect in return?

Leadership often feels like a one-way street, where you're expected to give tirelessly to your team, guiding them, motivating them, and helping them grow. The very nature of leadership suggests that your focus should be on others, and this can sometimes feel draining. It can be lonely at the top, and you may wonder if your efforts are truly appreciated. The idea here is that the reward lies not in what you receive but in what your team achieves through your support.

On the flip side, leadership should not be about self-sacrifice to the point of burnout. A healthy leadership dynamic involves a reciprocal relationship, where support, respect, and appreciation flow both ways. It's essential to foster a culture where you also feel valued and recognized for your efforts. The key is finding a balance, investing in your team while setting boundaries ensuring your well-being and motivation are sustained.

Leadership can indeed feel lonely, especially when the returns seem intangible or delayed. The trick is to remain anchored in your purpose and values while being open to feedback and encouragement from your team. Surround yourself with mentors and peers who can provide perspective, and remember to celebrate small wins along the way. Balance doesn't mean giving equally; it means giving wisely and knowing when to replenish your own energy.

Q U E S T I O N

How do you personally maintain a balance in your leadership role, ensuring that you're both giving enough to your team and receiving enough to stay motivated and inspired?

Curious how I can help you? Then book a free consultation, link in my bio. Or if you like my content and want this sent straight to your inbox every Monday, subscribe to my newsletter by visiting www.thecoachingguy.co.uk

T H A N K S

For reading this week's newsletter.

If you have other subjects that you would like to hear about, drop me an email at

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