

DEFINING A CRISIS

Crisis is quite common. During a crisis, bad leadership precipitates a faster fall while good leadership offers steadiness and perseverance.

As Theresa discusses in her coaching and training sessions, leaders are not born, they are developed. A leadership title or position does not define a leader. The leader defines the position. A leader must have a good strategy during a crisis to lead the team well.

Ultimately, a crisis can be defined as “an intense time of difficulty requiring a decision that will be a turning point.”

With everything going on in the world right now, our current global situation certainly meets that definition! The good news? This crisis - like all crises - will eventually pass. The challenge for a leader is to stay strong and steady through the duration.

The best way to handle a crisis is to actually go through the crisis and wait for it to pass. However, what defines success is the ability to adapt to the aftermath of the crisis.

The best way to know if you are growing as a leader, an influencer, is to recognize the resilience you have developed as a leader.

Theresa defines resilience as “the ability to overcome challenges with a mental toughness”.

QUESTIONS FOR DISCUSSION

1. Why do you think a crisis makes it easier to distinguish between good and bad leaders
2. How do you define what constitutes a crisis? Why?
3. Have your experiences in leading during a time of crisis produced resilience in you?

In this training on RESILIENCY and SUCCESS, Theresa lines up 4 common behaviors that deter the ability to adapt or develop resilience. She also explores why some people achieve success and why some do not.

In this document free for you to examine your own level of desired success, Theresa describes a few of those belief systems that might help you identify where you might be self sabotaging.

For instance, one area she discusses is the irrational belief that things are generally going to end up negative.

Another clue of self sabotage is believing that you are defined by your past.

Also very common (especially in women) is the deep seated irrational belief that you are not worthy of success, happiness, love, etc.

Another common area of self sabotage is a significant worry about what people think.

QUESTIONS FOR DISCUSSION

1. Which one of these clues resonates with you?
2. How do you think you came to acquire these irrational beliefs?
3. Have these negative beliefs played a part in your feeling unhappy, unsuccessful, unsatisfied?
4. Do you believe that these belief patterns have kept you from reaching your full potential in relationships, career, finances, health and overall sense of well being?

That's why Theresa created The GRID System. It is a simple system that Theresa has created whereby you identify the areas that you have been operating in limited beliefs which has kept you from being all you have been created to be. Do you want more meaningful relationships, energy, more positive interactions with those around you?

The *GRID* system is designed to get you unstuck and move on to become the best you that you can be. Take a few moments to look at the *GRID* and start to unlock your fullest potential:

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G - GET HONEST: what is one area you must take accountability and responsibility for in your journey in order to move forward?

R - RELEASE: what is one area you know that you have held onto that no longer serves you?

I - INVEST: What is one area that would make a difference in your life if you just made one meaningful investment in yourself or others?

D - DO IT: There is no one on the planet that can change your mindset for you. You must be willing to DO and to BE and to HAVE all that you are created for- So What Has Stopped YOU?

IF YOU WOULD LIKE TO DELVE DEEPER, INTO WHY OR WHERE YOU ARE STUCK AND WHY AND HOW TO BREAK THROUGH THE BELIEF SYSTEMS THAT HAVE KEPT YOU FROM REACHING AND ACHIEVING YOUR DESIRED GOALS OF SUCCESS, PLEASE CONTACT ME AND LETS GET STARTED UNLOCKING YOUR POTENTIAL!

