



Leadership Abundance

BY RICK TIEDEMANN

I never thought that I would go from being a Baby Boomer to a Baby Zoomer in less than a week. If the COVID-19 experience has taught me anything, it is that I have the ability to adapt and more readily identify solutions than what I may have previously thought. My daily interactions with business owners and leaders inspire me as I am continually exposed to talented individuals who are true possibilarians in that they have chosen to look at this uncertain business landscape through a lens of opportunity. Their pivotability index from a business perspective has been outstanding. My focus on my health has also allowed me to stay energized and optimistic as we navigate the turbulence.

What I also witness, however, is the absence of what I believe to be an essential behavioral dimension. A pattern that I have identified is that as many business leaders bury themselves further into their business, they have reduced or let go of many of the wellness related behaviours that they say they now don't have time for. When these leaders need to be strong and resilient, they are all too often abandoning the behaviours that create/support these very leadership qualities. If we are pivoting our business, should we not also be pivoting our wellness behaviours in a manner that will keep us strong and healthy so that we have the capacity to lead and inspire accordingly?

The best of the best in the athletic world employ a practice that is known as interval training. They stress their bodies enormously during their training sessions, but then apply unbelievable discipline around nutrition, sleep and psychological wellbeing. They have learned that it is the healthy oscillation between periods of dedicated energy exertion and energy recovery that allows their body to perform, heal, strengthen and then perform again. What

can we as business leaders learn from this and how can we create executive intervals that will allow ourselves to heal, strengthen and get back on the business podium?

During these difficult times, I would encourage the business community to reflect on whether or not we are getting enough pure recovery time. If you want to perform at a high level on a sustained basis, recovery must be part of your performance recipe. The data is well established that recovery time and regular and healthy sleep are actually performance enhancing. If the goal of all leaders is to perform at a high level, maybe it is time that we actually add "take dedicated recovery time" and "prioritize sleep" as defined dimensions of a leader's job description. Rather than rationalize why we aren't able to fit time for wellness into our day, we need to learn to appreciate that wellness and sleep are essential parts of the job. So if you are not taking time for wellness, you are actually not fully executing on one of your primary responsibilities as a business leader.

Fundamentally, a leader's job is to be of service to others and to inspire them to achieve meaningful outcomes. In order to do this well, we need to create a world of abundance for ourselves first. Then and only then will we have the capacity to create abundance for others. One of the key cornerstones to creating abundance is being healthy. This is not about selfishness, but rather more about self-preservation so that our families, friends, colleagues and the community at large can benefit from our gifts and talents.

I wish you all the best of health. **B**

IF YOU WOULD LIKE TO LEARN MORE ABOUT HOW YOU CAN IMPLEMENT A LEADERSHIP WELLBEING PROGRAM, PLEASE CONTACT RICK TIEDEMANN AT 587-402-1286.