

IT BEGINS IN YOU AND WITH YOU



By Krista Morrissey

You can have the title and position of “leader” long before you are a leader. I know! This was me early in my career. I was given the title of “leader” in front of hundreds of people. I transitioned into being a leader the day I understood, really understood, who I am. This understanding led to a healthy relationship with me, which germinated into healthy relationships with others, which evolved into becoming a leader of me first and others second. Simply by leading yourself, you show up differently, more powerful and confident.

“The most important relationship you will manage is the relationship with yourself.”

It starts inside of you, in your head and your heart. Clarity, acceptance and utilization of who you are. Who you are at your core! Your values, beliefs, habits, biases and passions. I title this the Inside-Out Journey. It does not sound sexy, so is often ignored or avoided. It is easier to look elsewhere for knowledge and improvement actions versus looking inside. However, the richness of you, the leader, lies within.

My coaching has unearthed a tremendous lack of self-knowledge, self-utilization and self-love. We are so busy “doing,” we do not take time to understand how we are “being.” Many individuals struggle to lead others because of a struggle to lead themselves. Long before you have the title and position of “leader,” you must

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Being a leader starts in your head and your heart, long before it is a title and a position.”

become a leader of you. You must embrace you. You must show up as you.

“Every leader is rooted in a person, and every person is rooted in a life.”

You cannot separate the person from the leader. You the leader and you the person are one. When coaching executives, I am often asked, “What can a Life Coach do for me?” It is a harmonious alignment of mind, body, spirit, emotions. It is coaching the whole person and moving them in the direction to achieve their greatness; being who they are, and doing what fuels their passions. Having a healthy relationship with yourself, is the core of a healthy leader.

~ It Begins In You and With You ~

Are you a leader in your head and heart, or are you a leader by title and position?

How are you managing your relationship with you? What are “you the leader” rooted in? (values, beliefs, habits, biases, passions)



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