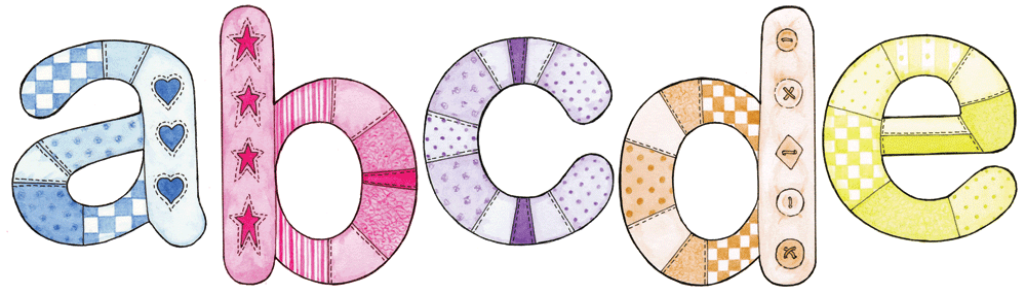


# MINDSET MONTHLY

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## ABCDE Leadership Foundation

By Dr Lynda Wee

Ask any builders, and they will confirm that the first and most important step in building any structure is the foundation. If it is solid, the end product will be solid.

The same applies to leadership. To be effective leaders, build your ABCDE leadership foundation.

### 1. Attitude

According to Khalil Gibran, "Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens".

Your attitude defines your altitude in your career accomplishment. Think positive. Never give up. Be determined to the end. Be brave. Stay open-minded. Work as a team. "A bad attitude is like a flat tire. If you don't change it, you'll never go anywhere" (anonymous).

### 2. Bonding

Everyone gets 24 hours a day. We make time for what is truly important to us. The most important gifts that you can give is your time, attention and love. Slow down. Enjoy your friends and loved ones. Be with them often.

All work and no play makes Jack a dull boy. Take time off to bond with people who matter to you. Build relationships.

In fact, take time off to bond with your inner self. Known as me-time, it allows you to connect inwards and reflect deeply, refresh your perspectives and reinvent your ideas.

### 3. Continuous Learning

Learning is change and change is learning. Are you a better version of yourself today than you were yesterday? Are you change-ready? Keep smart. In a knowledge-based and rapidly changing world, you are never done with learning. Be curious. Apply what you have learnt. Applied knowledge is power!

### 4. Diet

For leaders, eating is not just about satisfying hunger. It is about achieving peak performance. They are likened to athletes in their workplace, hence, they should eat like athletes. This means lots of lean protein, fruits, vegetables and no processed foods.

Those who think they have no time for healthy eating will soon

find time for illness. Be selective on what you are eating and how much. Moderate your food intake.

### 5. Exercise

Regular exercise is one of the best ways to stay healthy, improve cognitive function and help leaders better cope with the stresses and demands of their positions, ultimately increasing their leadership effectiveness.

Effective leaders tend to maintain good physical fitness. They make fitness a priority. Then they reap the benefits.

'Tis the time of the year for setting new year's resolution, why not consider ABCDE? It does not matter how much training leaders have attended. These need to be built on strong foundation to effect deep changes.

Wishing you and your loved ones a Blessed Christmas and a Happy New Year!

