

**ACCEPTING
HELP**

IS BETTER THAN

**DECLINING
HELP**

THEKINDLEADER.NET

ACCEPTING HELP

IS BETTER BECAUSE...

- IT HELPS YOU!
- IT DEVELOPS OTHERS SKILLS
- IT HELPS OTHERS FEEL VALUED
- IT SHOWS YOU ARE HUMAN!

DECLINING HELP

IS WORSE BECAUSE...

- IT IMPLIES YOU ARE PERFECT
- IT SUGGESTS THEY CAN OFFER NOTHING
- IT KEEPS YOU DISTANT
- IT DOESN'T SOLVE YOUR PROBLEM

SO - TO BE A
KIND LEADER
REMEMBER

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FOR MORE

INCLUDING
WORKSHEET

LINK IN COMMENTS

[THEKINDLEADER.NET/LW AC](https://www.thekindleader.net/lw_ac)

[THEKINDLEADER.NET](https://www.thekindleader.net)

Accepting Help is Better than Declining Help - from [The Kind Leader](#)

On days when we are stressed and overwhelmed, our natural state is wrapped in the emotions of busyness. Our tendency will be to be defensive, as our ego takes control.

When this happens, rational thought flies out of the window and we tend to put barriers up. We protect ourselves and our feelings by making out we can cope. Showing that we are able to tough it out seems like a good thing, yet it is not the most productive way to be.

There is another way. Kind Leaders make time to *respond* - rather than *react* - and show ourselves consideration. So, by creating a little space to think, we *respond*, making better decisions as we accept the support from others. We can be kind to ourselves, as well as our people.

It may be that when they offer to help, we choose to accept. An occasion when we say 'yes'. There are winners all round then, for we get the help we need and, the more importantly some would say, the person whose help we accept, feels better about themselves too. Kind to ourselves. Kind to others for the value they will gain for helping us.

For a leader, this is a powerful and kind way to be, for helping someone feel better about themselves is a strong leadership action. Enabling someone to show they care about **us** is so valuable and when we accept the help they offer, they grow in self-esteem, self-confidence and become a more capable person to have around in our team.

There is a bigger win though, Kind Leaders know that when their people feel good about themselves, they learn to *value* themselves more and their confidence frees their creativity and contribution.

Not to mention how they *appreciate* themselves, taking that into the bigger world of their lives too.

5 Steps to Accepting Help

1. Be **open to offers** of help when they are given – at least once a week to start with.
2. Notice opportunities to practice **your response**, which may normally be to decline.
3. Recognise accepting help creates **togetherness**.
4. See how letting someone help you, **builds their self-esteem**.
5. A different viewpoint on your problem might just mean you get a better outcome.

How will you accept help more often – and from whom?



For your FREE, 4-video Kind Leader mini-course plus workbook

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