

The Kind Leader *on* CONTROL

W O R K B O O K

from



for Skillsoft

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ABOUT

M a r t i n
H a w o r t h

I'll keep this short, being a Kind person!

I was manager and leader of teams for 25 years. Since then, I've worked with leaders in many places, doing many different roles. Both in groups and one to one.

I don't claim to know everything.

I don't claim to know most things. But I do know about a few things that will help you be a better leader, who enjoys their work and helps their people be their best too. And above all, how my experiences confirm Kindness as an invaluable tool in leadership.

Is there any better life for a leader to live?

Let's find out the four Kindness principles by which you can continue your journey to sustainable success, with people who love to be led by you.

Martin Haworth



Introduction



THE KIND LEADER

In this series of presentations for Skillsoft, you'll find **FOUR** principles of **Kind Leadership**.

There's only one thing in life you can **control**. And that's you. It might seem important and valuable to control others, but when you think about it, you cannot.

Be Kind to yourself.

Your **commitment** to lead comes from doing less of the things that waste your time, making enough space in your diary to do more of the right things. This is always within your control.

Be Kind to yourself - and others.

Once you allocate time to develop your leadership, your **connection** with those around you is your most important activity. Now, you can focus on spending your time building great relationships.

Be Kind to others - and to yourself.

Once you've taken control of the things you can; allocated time to connect fully with all of your people, **collaboration** is the icing on the cake. Delivering sustainable success now and in the future.

Be Kind to everyone - including you.

Remember, each principle is progressive. You need to start with first things first.

You need to start with yourself.



Control



The Kind Leader

C O N T R O L

1

There's only one thing in life you can control. You can only control yourself. It might seem like an attractive idea to want to control the people and things around you, but that desire to control only comes from insecurities inside you that might leave you needing to control others, to make you feel 'better'.

There are several things you can seek to control to make your life as a leader be more effective. they are all filled with kindness to yourself - and others - which will give you the great reward.

- Be honest with yourself about how you are doing
- Focus on what you can control
- Take effective decisions
- Manage crises and
- Keep kindness and wellbeing at the forefront

CONTROL

WORKSHEET

1

Score yourself on a kindness scale of one to ten. Then beneath, **write 2 things** you could do differently to move your score up two points

1. How honest and kind are you really about how good you are?

- 1.
- 2.

2. How well do you focus on what is within your control?

- 1.
- 2.

3. How good are you at making great decisions based on what you are in control of?

- 1.
- 2.

4. How effective are you at minimising crises around you?

- 1.
- 2.

5. How well do you ensure kindness is the focus of your own and your people's wellbeing?

- 1.
- 2.



And Finally...



R e f l e c t i o n s o n K i n d L e a d e r s h i p

- Be Kind to yourself by appreciating how you are doing. No, really, retake **control**. How *well* you are doing and things you can change to be even better. Taking responsibility is a Kind way to be, then you can be motivated by your pro-activity and celebrate your own progress.
- Be Kind to yourself and in your **commitment** to use your time effectively, by utilising the capabilities of your people. Not just by giving them some of your work to do, but by tailoring it to help and challenge them to grow too.
- Spend the time you create by using **connection** to build effective relationships with your people. Kindness to self, moves on to Kindness to others. By being strong, supportive and encouraging to all. By hearing them and giving them confidence to become their best.
- As relationships grow, be Kind to yourself and others, by enjoying together the skills, talents and creativity of everyone in your team, working closely together in a trusting, exciting culture of **collaboration**.

NEXT STEPS

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Keep in contact
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For more details of
The Kind Leader Program, go to
<https://www.thekindleader.net/program>

Success

comes from

honest

Self Reflection

Time to be true to yourself!

List 5 successes, big or small,
you've had today.

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-
-
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