



Eight Tips: Is Your Brain Blocking Your Leadership Growth?

Do you feel stuck in your efforts to make positive changes in your leadership? Your brain's drive to save energy may be to blame. Ursula Pottinga and Teri Schmidt share these 8 tips in the podcast.

1. **Embrace Novelty:** Engage in new experiences to stimulate the brain and form new neural connections. This can help sustain engagement and motivation in leadership roles.
2. **Foster Relationships:** Build strong interpersonal connections to support change efforts. Coaching relationships can provide accountability and a safe space to explore challenges and emotions.
3. **Learn from Mistakes:** View mistakes as part of the learning process. Stepping outside your comfort zone is essential for growth, and reflecting on experiences can help avoid reinforcing unproductive habits.
4. **Prioritize Rest:** Ensure sufficient rest to maintain cognitive function and creativity. Avoid burnout by taking intentional breaks, which can activate the brain's default mode network for greater creativity and self-reflection.
5. **Align with Personal Relevance:** Ensure that change initiatives resonate with your values and motivations. This alignment can make any change be more inspiring and sustainable.
6. **Regulate Emotions:** Develop strategies to manage emotions during periods of change. Emotional regulation is crucial as stress can cloud judgment and hinder decision-making. One way to regulate emotions is to name what is going on and not suppress it.
7. **Create Predictability:** Reflect on past experiences to recognize strengths in navigating change. How have you navigated change in the past? This can foster a sense of control and confidence, reducing anxiety associated with uncertainty. You can't control the outside but you can control how you respond to change based on your previous experiences of strength and resilience.
8. **Practice Self-Compassion:** Allow yourself grace in the leadership journey. Change is challenging, and self-compassion can help navigate it without undue pressure.

These tips emphasize the importance of reflection, support from trusted partners like coaches, and practices that promote self-awareness and emotional regulation. Learn more about Teri Schmidt at StrongLeadersServe.com.

[REQUEST A COMPLIMENTARY BREAKTHROUGH SESSION WITH URSULA – CLICK HERE.](#)