

The Choice Connection

~ INFLUENCE... Leading Quietly and with Heart ~

Constructive Choices, Inc.
Discover and acknowledge your strengths...



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Greetings!

CHOOSE TO... INFLUENCE and LEAD WITH HEART

CHOOSE to influence from your personal leadership style... consider a leadership style that is perceived as being quiet and with heart... or dynamic and with heart... always with heart.

CHOOSE to speak to the leadership spirit in others.

CHOOSE to strengthen your self-confidence and believe in you as a leader.

Influence... Leading Quietly and with Heart



A few years ago, I was working with a group of fellow coaches on branding and marketing strategies and we entered into some lengthy conversations regarding leadership. At the time I strongly resisted being called out as a leader among my peers. My resistance was met by an interesting response from the group - surprise and disbelief that I actually did not connect with being called out as a leader.

Needless to say there were a few follow-on conversations with coaching from the best of my colleagues. Their questions, "Why do you not believe that you are a leader?" and, "What makes you feel that what you do is not perceived as leading or influencing others?" It was the last question that really caught my attention. Were they suggesting I could or was influencing others?

I have always been a bit uncomfortable with the very thought of being perceived as a leader - that what I thought, did, or maybe even said would be viewed by others as something connected to leadership and carry some power to influence. Influencing others - to do what? I still believe I have never consciously set out to influence others to any particular way of thinking or behaving. Sure, I have ideas and intentions about how to show up best in my life ... and those ideals are mine - never meant to be pushed on to others. I am most comfortable in describing myself as one who is working



Jean's Latest Choices

- Saying 'Yes' to more facilitation activities than I have done in awhile.
- Balancing what I can do and want to do.
- Choosing time to breathe and rest
- Writing - finally and stretching to keep to my timeline
- Acknowledging a leadership of spirit - I'll lead quietly, thank you.

Quotable Quotes

"Anyone who influences others is a leader."
~ **Chuck Swindoll**

"The very essence of all power to influence lies in getting the other person to participate."
~ **Harry Overstreet**

"Treat people as if they were what they ought to be, and you may help them to become what they are capable of being."
~ **Johann Wolfgang von Goethe**

"Real self-confidence springs from the silent improvements we make in ourselves"
~ **Anonymous**

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behind the scenes. I am there to support others and I do not wish to be the one out in front.

The outcome of those early discussions on leadership and even more recently - what leadership means and how it shows up, resulted in an encouragement to acknowledge and consider what others perceived about me. They stretched my view of leadership and allowed me to define my personal leadership style as a quiet leader - one who quietly connects with the spirit and heart of others. This doesn't mean being the silent body in the group - for me, it means my personal presence is acknowledged - I am just not out on front stage.

Quiet leadership certainly isn't the only way to lead. There are others with a stronger voice, a more dynamic presence and they too are effective as this is their connection with their heart. and the heart of others. A little more about the heart connection ... I view this as a connection of individuals' emotions and intellect with a respect for each other. You may feel the connection instantly or experience a deepening of this connection over time.

It is the 'influencing' element of quiet leadership that may prove to be the burden or the blessing. You may well choose to employ this with sincerity and a consciousness that truly respects the dignity and strengths of all you connect with. The blessing may be that you are witness to another individual's growth and development. and ... The burden may be that you are an unknowing influence for some change in an individual and thus create a chain of events the individual may not be prepared for.

Have you considered that your connections are strengthened by your communication and your personal leadership style? Do you encourage others to step up as you may wish to step back? Do you provide opportunities to share your thoughts and with no expectations? Are you ready to influence, lead and give this power to others so that they may establish their own leadership style and learn the impact of positive influence? Know that you can and are already doing so.

Warm Regards,

Jean

Jean Strosinski, MA, PCC, CPT
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Jean Recommends...

* [Presence: An Exploration of Profound Change in People, Organizations, and Society](#)

by Peter Senge, C. Otto Scharmer, Joseph Jaworski and Betty Sue Flowers

An Exploration of profound change in people, organizations and society - a journey from the present to an unknown future...

* [Exercising Influence Workbook: A Self-Study Guide \(Essential](#)

Tools Resource)

by B. Kim Barnes

A Guide for Making Things Happen at Work, at Home, and in Your Community. Practical ideas and tools for exercising influence in all aspects of life.

* The Four Obsessions of an Extraordinary Executive: A Leadership Fable

by Patrick Lencioni

A Leadership Fable. The four disciplines - Be Cohesive. Be Clear. Over-communicate. Reinforce.

* Quiet Leadership: Six Steps to Transforming Performance at Work

by David Rock

Administrivia

My Constructive Choices Audience...

- Professionals wanting to be at choice in their career and daily work
- New Managers (and aspiring leaders) transitioning to establish a leadership role in their communities
- Individuals wanting to sort through the choices, build a more fulfilling life, lift their voices, and...
- Coaches who choose to step out, show up, and say - *YES, it IS all about YOU!*

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