

How to Weather Through Tough Times

Hi, I'm John and I'm back. In the last couple of months, I've been going around, meeting people and talking to clients and just generally finding a feel about what's happening out there. I don't know about you but I get the impression that everybody is out there complaining about how bad things are.

You've got rising taxes, you've got corruption issues, you've got terrorism on the rise. You know business numbers going down. So many bad things happening out there. Well that got me thinking, what do leaders do during tough times like this? Well today, I've got three tips that you can take for you to weather these tough times.

Tip #1

What leaders do during tough times? They show up. Why is showing up so important? Well it sounds simpler than it actually is. Leaders during tough times are present. They are present emotionally, they are present physically, they are present mentally. Being present at that point in time sends some really important messages to some really important people in your life.

- i. Your boss. Being present tells your boss that you're part of the team, part of the solution and not part of the problem.
- ii. To your team members. Being present tells your team members that they are being lead by a leader who will lead the charge and not hide.
- iii. A really important stakeholder in your life. You. Showing up when you don't feel like it tells yourself that you are a discipline person who will not back down from challenges. And that is a really really important message that you want to tell yourself on a daily basis. So don't run away especially on days when you feel like it. Just show up.

Tip #2

Suck it up. I'm sorry, did you think that it was one of those warm fuzzy messages meant to motivate you? Well I've got news for you, tough times aren't nice and sometimes there are things that we got to deal with that aren't nice at all.

Well leaders during these situations understand that they've got to take the hits, they can't run away, they just have to take the hits. Life can hit pretty hard but here is the good news. Think of all the most expensive luxurious things that you can imagine. Gold, precious stones or even an expensive car or a diamond for an example.

In order for a diamond to become a diamond, it's got to go through a lot of pressure and we're talking intense pressure, lots of heat, lots of stress and so on and so forth. Well in leaders that is the same thing. The good news is if you take the hits and you keep on coming, sooner or later you become a diamond and you become really valuable to the market.

Tip #3

First you got to show up, second you've got to suck it up and third you've got to shut up. You know what? Life is tough enough, don't make it worse. A whiny boss, really? A team member who rants and raves at every single thing?

A manager who complains all the time?

Well you know what we can do without all of that.

Emotional stoicism. What does that mean? That means the ability to take the hits, zip it up and keep on coming.

For all you Facebook users, Instagram users and Twitter users out there, you know those passive aggressive posts that you put up? Do yourself a favour, do us a favour. Stop it. You want to complain about something, do something about it. Don't just type it. Do something.

So show up, suck it up, shut up. Focus on the becoming, focus on the building and the strengthening. Tough times give us an opportunity to become better than who we are and that is what we really want to focus on. We've got to change the perspective from "What can I get out of this situation" to "What can we learn from this situation?" That gives you an opportunity to become a leader. and truly truly inspire verses becoming a leader who discourages.