

Leadership Stamina & Leading in Times of Change

Courtney Carlson, Guest Speaker

CMAA

January 2021

CHANGE



STAMINA

Your Whole Self

Your

BUSINESS

Your

PEOPLE

Your

SELF

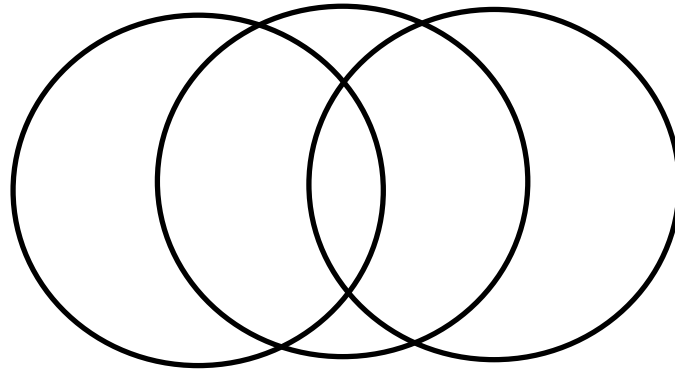
BUSINESS



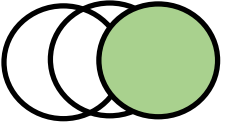
PEOPLE



SELF

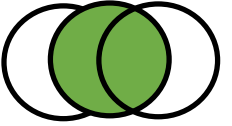


Your SELF



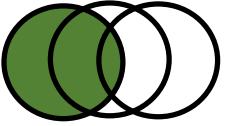
*TREAT YOURSELF LIKE AND
ATHELTE,
YOU ARE COMPETING DAILY*

Your PEOPLE

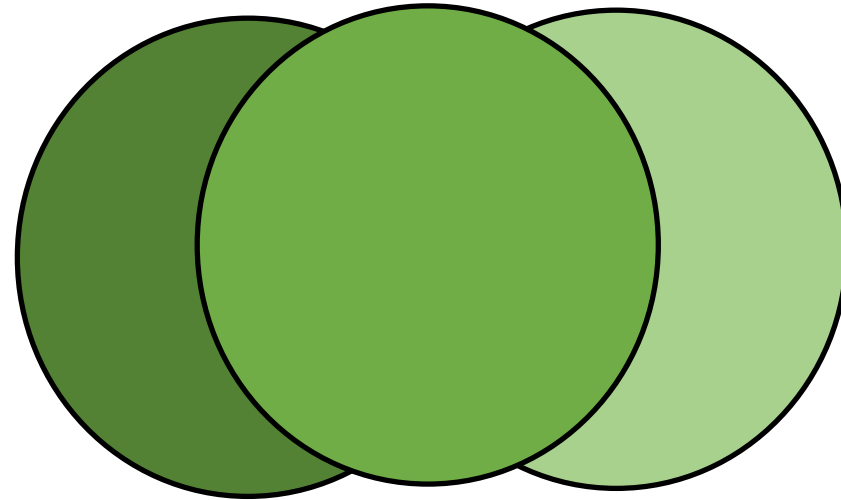


***BUILD A CULTURE OF TRUST
AND GENUINE INTEREST***

Your BUSINESS



*WHAT WE DID,
WON'T BE WHAT WE WILL DO*



*Cultivate STAMINA from
your full resources*

*TREAT YOURSELF LIKE AND ATHELTE,
YOU ARE COMPETING DAILY*

*BUILD A CULTURE OF TRUST AND
GENUINE INTEREST*

*WHAT WE DID,
WON'T BE WHAT WE WILL DO*

Getting Tactical

- Create 2-3 personal promises for well being, share them and have others keep you accountable.
- Avoid, unless urgent, emailing, calling, texting on days off: send later function.
- Take walking meetings.

- Daily Stand ups with your leadership team or full team for transparency.
- Create Google sheets or a dropbox for team to submit confidential questions.
- Meet 1:1 across the organization “skip level” touchbases.
- Keep a notebook on personal and professional details of the team so they feel known.
- Use eye contact, greet by name, cameras on.

- Create a living document and routines to check in on Results (KPIs), your strategic pillars and your team’s development goals.
- Live your purpose and values daily, create routines to celebrate those who are living into them to demonstrate success
- Own what is uniquely yours, but no job is too small to ensure success.
- Have a work “journal” to reflect, set goals: revisit often to find wins and failure points.
- Don’t let meetings kill you: Set agendas, stay on topics, make decisions.

ESSENTIAL

FOCUS

PASSIONATE

DISCIPLINE

ESSENTIAL
(FEW PRIORITIES)

FOCUS

PASSIONATE
(YOU CARE ENOUGH)

DISCIPLINE

Q&A

Carrie Eyer, AGM, Interlachen Country Club & CMAA Educational Chair