

# 5 Keys to Healthy Leadership



Healthy leaders are resilient – far more creative than reactive, integrating altruistic values and higher consciousness into leadership by inspiring example.

**1. Authenticity & Transparency** are core to effective leadership. Are you living up to it? Embodying this is the basis for genuine leadership. It will make you walk the talk.

**2. Clarity of Communication** is essential for leaders to have impact for growth. Moving beyond productivity focus, great leaders inspire, reassure and guide everyone. They model their values and instill them through the team.

**3. True Courage** requires being forthright, energetic, and fearless. Such courage can easily be misconstrued, but greatness does not come cheap. While the waves of change are real, often causing chaos before clarity, a great leader will understand the signs in time and take bold action.

## 4. Strategic Vision

With the essential at the fore, leaders drive vision, strategic direction and qualities of culture and leadership. Fresh goals established, with vigilance upheld to ensure operational efficiency & thrive.

## 5. People Passion

Great leaders employ inspiring ways of establishing direction and inclusion. Loving their work, their passion and human warmth rubs off onto those around.