



character

a 52-week series about amplifying your
management & leadership skillset

create

Balance

Overview

If there was one thing I would share about management & leadership...

It would be about **Balance**. What does this mean to you? As managers and leaders, nothing may be more complex and contentious than how one sees balance. And it depends on who's perspective you are considering. What if we simplified both our definition and our expectation...how would that impact our next step?

*“Life is like riding a bicycle.
To keep your balance, you must keep moving.”*

Albert Einstein

For the week...

- **Reflect:** Make a list. Two columns, “professional” and “personal”. Note all the important aspects of what you need (not what you want). Note, highlight, explore, own and play with what jumps off the list.
- **Act:** When you direct your team this week, don't slip into any ambiguity (Like “Let's have a great week”). Be very specific in what needs to happen, share the why, how and to what extent. Then trust them to do it.
- And embrace **acceptance**.

Let's be real, **is balance about control and acceptance?** Pause. How would you answer that? Are you quick to control all controllables, personally and professionally. like priorities, time frames and momentum? Will you wholeheartedly own all of that and accept all of that being exactly the way it is supposed to be at this moment?



To learn more about this series, contact Kurt Reinhart.
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