

WOMEN & SELF-LEADERSHIP: Mastering Self to Empower Others

by Patricia Varley, MHSA

Imagine a raging hurricane wreaking havoc and devastation all around it. Now imagine the calm “eye” in the center of the storm. You have just pictured Self-Mastery. As a leader (or just a Diva of Destiny!), do you live mostly in the hurricane or in the calm center of the storm? In these times of stress, incredible rapid change and uncertainty the power to stay calm, focused, on purpose and to keep moving forward is challenged to the max.

Whether you are in a leadership position in a business or organization, even if the organization you lead is your family, self-mastery is an important and necessary component in navigating through these times of personal and professional change.

Now more than ever it is not what you know but rather what you *are* that provides the anchor of true leadership and the examples that others are willing to follow. Think about it! People tend to be hired for what they know and have done and yet usually get fired for their personal insufficiencies - lack of focus, lack of courage, inability to communicate and get along with others, or inability to control and direct their own energies effectively. We are human beings first and leaders second. All great leaders, famous or not have somehow developed a high degree of Self-Mastery. They know that to effectively move people to extraordinary heights they must FIRST master themselves as human beings which is the hardest, yet most enriching and enduring work that can be done. Interpersonal competence, being able to lead and deal with people effectively, even brilliantly, begins with personal competence and reaches its greatest heights in Self-Mastery.

The more mastery we have over ourselves the more mastery we can bring to life. Ask yourself, truthfully, what percentage of your leadership potential are you fulfilling right now? Could you be more effective with less effort? Can you consistently turn conflict and resistance into positive change? Do you sometimes get in your own way? How will you move yourself and your people through what lies ahead? How clear are you about your life purpose? Would a simpler, more balanced life enhance your effectiveness?

Some of the key leverage points for powerful leadership are the Importance of increasing authenticity as an individual and a leader, the value of choosing to use every experience that occurs as a contribution to your professional and personal development, and the power of identifying your greater purpose which gives you a deep sense of fulfillment. All great leaders have a mission, which expresses the core and essence of who they are. Unleashing your capacity and potential to achieve Masterful Leadership begins with bringing all of who you are to everything you do.

It is not great mastery over what you know that will bring you quantum breakthroughs in you leadership ability and your life, but great mastery over WHO YOU ARE. People perform extraordinary feats because they are moved to do so by the power of a great calling. Leaders are the instrument of that calling. As you to make the commitment and embrace the challenge of mastering yourself by developing the leader within, you reinforce your ability to live your life with greater meaning and purpose. Taking the steps to transform yourself and your work create the opportunities to increase productivity and profitability in business, build and sustain fulfilling professional and personal relationships, and contribute to and enhance the local community. In the long run you DO make a difference in a world which is calling us to Mastery!

Patricia Varley is a founding Life Diva who speaks, writes and coaches on masterful leadership, successfully managing change and creating a fulfilling life. As an entrepreneur, she developed an international sales network with over 1,000 members. She was honored as a “Woman of Achievement;” for more information, visit www.patriciavarley.com.