

Leadership ... an inside job!

Julie Cross



Julie Cross, is an experienced speaker, with 18 years on various stages educating, energising and entertaining people from all walks of life and professions. Julie inspires audiences to feel her message rather than just hear it; she re-energises individuals and empowers them to take responsibility for the way in which they have chosen to make a difference – through their work. She doesn't just deliver information into their heads; she also nurtures their hearts and souls. We are more aware now than ever before that the link between personal and professional development can no longer be ignored and as we work on the people behind the job they do, self-leadership is instilled and workplaces will reach peak levels of performance.

Those who know me, or who have seen me speak, know that I am all about inspiring self-leadership and nurturing you and your sparkle.

What is your sparkle I hear some people asking, and exactly what has it got to do with leadership and my job?

Well, it is everything that is you! Because your sparkle is you and your unique personality, but it is even more than that. It is also your caring, empathy, courage and resilience. It is your ability to connect, give praise, redirection and reward.

It is the way you serve, giving more of yourself in every interaction and it is your ability to lead, teach, coach and guide by letting go of ego and fear. It is self-leadership, it is real and honest and it is fun, laughter and creativity.

It is YOUR 'sense of agency!' You, more than anyone, need to be, and deserve to be, constantly in touch with your sparkle.

You have chosen a wonderful career and it is one where you are giving so much of yourself everyday and that means that you have to nurture and look after yourself more than ever. We cannot give what we don't have, so for us to keep giving, caring and sharing ourselves with others we need to fill ourselves up too.

It is a privilege to be able to lead others, and to inspire them to learn and grow. It is a great honour to be able to have a positive impact on individuals, on people we work with or the community we work for, and it leaves a legacy.

And to be able to do this in a truly effective way with the least amount of effort requires great self leadership!

Because, you see, to inspire others we must be inspired, to motivate others to learn, we must be motivated, to assist others in valuing themselves we must value ourselves, to cultivate a culture of support, understanding and acceptance, we must accept and understand and support ourselves and to enjoy working in an enthusiastic space means we must be enthusiastic.

The relationship you have with yourself will affect every other relationship you have in your life ... the conversations you have with yourself will affect every other conversation you have in your life.

So, how do we apply this? Doing loving things for ourselves and saying loving things to ourselves is a great place to start.

Your sparkle resides inside, so every morning when you go to the mirror look into who you are and take the time to delight in the miracle that is you. We look at newborn babies and we see miracles, perfection, unlimited potential and love. Everybody looked at you like that and when you were two, you still looked at yourself like that. You owned your space in the world and you were emotionally fearless and strong.

You are the same perfect miracle that came into the world as a baby who everyone adored ... you just grew up is all!

So let's start there ... Yes, that's right, go to that mirror and love yourself up (your legs too!), like you did when you were two, why wouldn't you?

Now let us look at the words we are saying to ourselves throughout the day and the effect that has on us, our energy, and our work.

When somebody asks how are you, what is your reply?

Do you reply, 'Great!' ... or is it more likely to be a 'Tired, busy' kind of answer? Notice the difference in energy when you say great and when you say tired.

Then ask yourself is this the kind of day I want? A day that is tired and busy or would I prefer a day that is great? (Oh, and it may still be busy too!) Sometimes you have got to state how you want to be, not how you are and then the energy catches up with you! And let's face it you deserve 'great', not 'tired' and 'ordinary'.

It does take discipline in our thinking to control our energy and our moods ... to control our sparkle, but it is worth the effort for sure.

Just like it is an ongoing journey to look after ourselves physically – I mean you can't just do some exercise one day in your life and then that is done – it is an ongoing journey to be emotionally fit and healthy.

You cannot expect to get to the top of a mountain to admire the view if you are not physically fit and you cannot expect to climb on top of emotional challenges in life if you are not emotionally fit. Believe me it is worth the effort because the view is so beautiful from the top!

So thank you for the wonderful work that you do nurturing our children's physical, academic, creative and emotional growth and never forget we need to do the same for ourselves too, because you are so worth it.

When I see you all I see your sparkle shining brightly, so keep shining up that sparkle and keep sharing it with the world, because the world needs you, that 's for sure!

Keep sparkling!

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