

The Hopeful Leader



RORY VAN DER MERWE

Speaker: Rory integrates and weaves his skills as psychologist, coach, project and change manager, facilitator, and entrepreneur to translate strategy into pragmatic delivery. Results-focused and oriented, he aligns individual, team and organisation contributions to improve business performance. Playing to his strengths, pioneering curiosity and passion for lifelong learning, he is the first AQ accredited coach and assessor in Adaptability on the African Continent.

NUGGETS OF WISDOM

“ Hope is teachable, measurable, learnable, and increasable. ”

“ None of us wake up in the morning and say “ Let’s have a bad day.” ”

“ Hope is not a dream or a wish, or toxic positivity ”

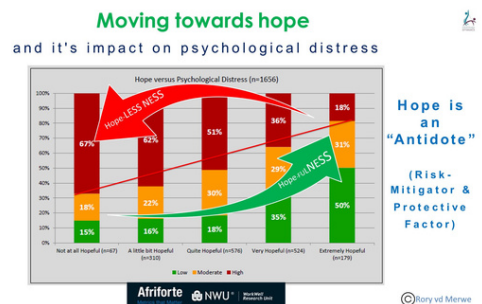
KEY POINTS FROM THE WEBINAR

➤ After COVID, 2024 will most likely be one of the most disruptive years. How might **hopeful leaders inspire** and encourage their teams even in the midst of chaos, crisis complexity, confusion, and change?

➤ As Gabor Mate says - **trauma** is what happens INSIDE of you because of what happens TO you. The higher our hope, the lower our psychological distress. Connect with what makes you happy.

➤ The undesirable NOW is what it is. Our **choice** is how we **frame, make sense** of, and **respond** (not react) to the overwhelm, stress, and anxiety feelings that are stirred up inside. No one knows what to expect.

➤ When faced with change, why do we always default to what can go wrong? Why don't we operate from a different headspace that says, what might go right?



➤ Let's work off a foundation that says, what is in our control, what are we expectant of, and what are we anticipating.

➤ If we use Steven Covey's leadership principles of beginning with the end in mind then our response can be sense-making for action-taking informed by NEXT (our desired end state) = where we leverage our 5C's.

- Care and Compassion
- Curiosity and Creativity
- Connection and Collaboration
- Courage and Confidence
- Cause = meaning and purpose



➤ Let's be intentional about being hopeful. For this, we need:

- WHERE - POWER - a goal to aim for,
- WILL-POWER - knowing what is in your control, and
- WAY-POWER - choosing the pathways to following and having back-up alternative options (plan B,C,D)

MESSAGE TO LEADERS

- ☐ Work in the NOW with a FUTURE-focus (thinking about the "day after tomorrow")
- ☐ Be a dealer in HOPE. FUEL HOPE.
- ☐ Facilitate the shift from chaos, crisis, complexity, confusion, and change to care, curiosity, connection, courage, and cause.
- ☐ Empower your people to practice appreciation and gratitude, see new possibilities, build closer relationships, grow personal strength, and develop spiritually.

REFLECTIVE QUESTIONS FOR LEADERS

- ❓ Where are you on a 5 point scale of HOPE?
- ❓ What choices do you need to make? | What intentional actions will you take?
- ❓ Are you a HOPEFUL leader?
- ❓ How can you be a HOPE FUEL catalyst?

VIEW RECORDING



Access YouTube: [LiC: The Hopeful Leader](#)

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