

Leaders in Conversation presents

LEADERSHIP LESSONS FROM RUNNING THE COMRADES

The extra mile: How to Lead with Your Why and Overcome the Pain Curve

In this episode, **Crispin Swart** (host) is joined by consultant and 4-times Comrades athlete, **Ameen Ceres**, as he shares lessons on life and leadership that the discipline of running has taught him.

Leaders in Conversation presents

BL



WITH
AMEEN CERES

QUOTES BY AMEEN

“IT’S NOT A CASE OF ONCE A LEADER, ALWAYS A LEADER”

“BEING AT THE STARTING LINE IS ALREADY A VICTORY!”

“COMPLACENCY IS THE BIGGEST RISK TO LEADERS”

“A LEADER ALWAYS NEEDS TO BE READY IN THE BEST WAY THEY CAN”

NUGGETS OF WISDOM - AMEEN'S THOUGHTS ON:

Preparing to Lead

- We can use our successes and setbacks to prepare ourselves for the future
- Effective preparation for our leadership role serves us and others
- Preparation requires constant reflection on what worked before and what did not
- The fact that something worked in a particular way before, does not mean it will work that way again
- We can plan, but on the day we have to deal with what happens

Dissatisfaction and Failure

- Setbacks are a part of the game
- Success is never guaranteed
- There will always be things outside of our control that we cannot anticipate
- Failing can be soul destroying - you need time to recover
- Remember, there are people invested in our success - this is what makes it so difficult
- Use feedback from others on learnings and how to adapt
- There is an emotional and spiritual dimension to recovering from setbacks
- Being truthful about our emotions and talking about them is an important part of recovering from setbacks and dissatisfaction

Spirituality

- We need to acknowledge where our strengths and talents come from
- Spirituality is about being anchored in our values and knowing why we do what we do
- It's not only about us - it's serving others with our experience and wisdom and helping them be successful too
- We are never alone!

NUGGETS OF **WISDOM** - **AMEEN'S** THOUGHTS ON:

The Future and Reinvention

- It's not only about all the external changes we are experiencing
- The desire to continuously want to do better, requires internal change
- The biggest change is in ourselves, in our thinking and wanting to be better versions of ourselves and our leadership
- Don't think that if we are successful at something now, and receive all the accolades, that we have achieved our goal
- Think about change as progress and an opportunity to learn

MESSAGE TO LEADERS

- » Leadership is not "one size fits all" - the context keeps changing
- » Most of our learning comes from our mistakes and failures
- » As a leader, you don't always know!
- » You can't just pitch up on the day. Leadership requires constant preparation.
- » Leaders are in the game of reinvention.



How are you preparing for the future?
How have you recovered from setbacks and failure?
How can you give back to your community and young leaders?
What does spirituality mean for you, the leader?



AMEEN CERES

Ameen is the co-founder of A to Z Consulting and has over 20 years of Talent, Learning and Transformation experience within the petroleum and financial services industries. He has worked closely with leadership teams in driving the transformation agenda through Employment Equity and BBBEE and served on industry forums. In addition, Ameen has chaired and led transformational committees.



VIEW RECORDING

[LiC: The Extra Mile](#)

CONNECT WITH US

www.boundlesswisdom.com 

Boundless Wisdom 

boundlesswisdom.global 