

TRAINING SEMINAR

EFFECTIVE LEADERSHIP

Amanda Bickerstaff

M App Sc (Psychology of Coaching)

Rotary District 9685





AGENDA

- Theory, Tools and Techniques
- Self Reflection
- Discussion in zones
- Aim at end:
 - You have thought about you
 - Challenged your thinking
 - Identified some areas of focus for you in your year



How will your year progress?



Management and Leadership



Differences between management and leadership

Managers	Leaders
Interest in present	Interest in future
Short term orientation	Long term orientation
Interest in keeping things stable	Interest in change
Caught up in daily delivery	Caught up in vision
Deal with what	Deal with why
Tend towards control	Bias to empowering
Enjoy complexity	Know how to simplify
Rely on logic	Use intuition
Focus on internal corporate concerns	Wide outlook, encompassing systemic and community concerns



EXERCISE

Imagine that you have just completed your year as President.

1. When you reflect back how do you want to be able to describe and feel about your year as President?

- 2. How do you want people to describe you as a leader at the end of your year?
- 3. What behaviours will you demonstrate to achieve that perception?



Key components of trust are:

Sincerity - You say what you mean and mean what you say.

Competency - You have the relevant skills and abilities to take action.

Reliability - You follow through and do what you say you'll do.



GROW CONVERSATION MODEL

- Goal Formulate and agree a SMART goal
- Reality Identify the *relevant* information that is useful to assist in understanding the situation and the context
- **Options -** Explore the possible solutions and pathways to reach the goal
- Wrap-up Commit to actions to be done.



Attributes that aid goal achievement are:

Specific – clear about what you want to achieve

Measurable – able to evaluate progress towards the goal

Attractive – if we don't want it, we probably won't achieve it

Realistic – must be capable of achieving it

Time bound – appropriate time frame to aid focus



Relevance



Do you *know* how the general public in your local community would describe your club?



- 1. What are the components that will keep your club and the District relevant?
- 2. How does your club rate against those components?

3. What needs to improve or change to increase your club's relevance?



Change Management



PHASES OF CHANGE



How do you typically respond to change?

What will change for you as President? What will you gain? What will you lose?

What behaviours have you seen your club members demonstrate in response to change?



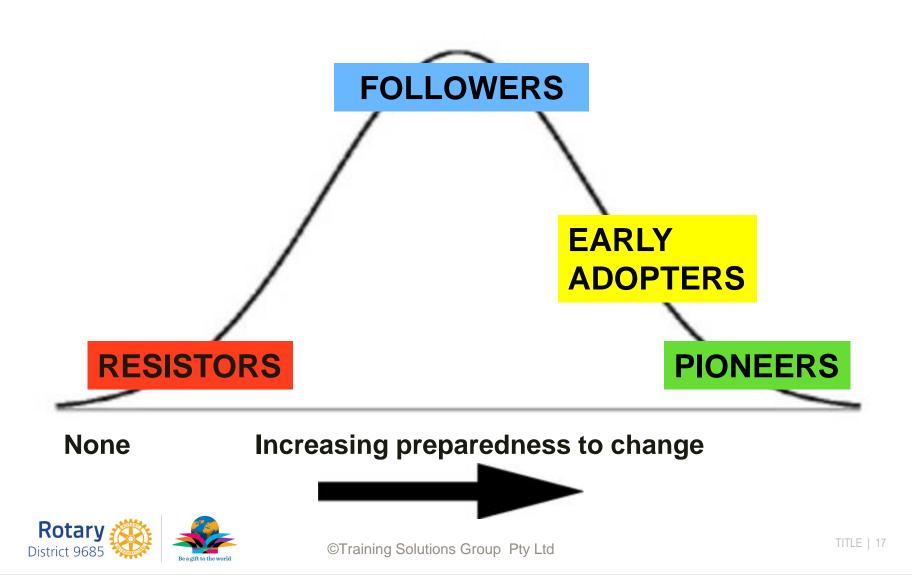
KEY CHANGE DRIVERS

- Limited resources
- Globalization
- Increased market competition
- Higher customer demands & expectations
- Economics
- New and emerging technologies

- New service standards
- New or changing regulations
- Demographic changes
- World events
- Environmental concerns
- Leadership changes



IMPACT OF CHANGE



Responses to Change

EARLY ADOPTERS
Cautious Allies "That's not what we agreed" "I thought (John) was doing that" "I agreed with that in principle, but I wasn't sure we



Responses to Change

FOLLOWERS

- Fence sitters
- "Wait and see" approach
- Attribute the need & responsibility for change to others
- "It's not my/our fault"
- "When she/he/it/they change everything will be OK"

RESISTORS

- Adversaries to change
- Attack the change process or individual advocating change
- Consume time and energy
 in discussion and debate
- Last to accept change if at all



REASONS WHY CHANGE PROCESSES MEET RESISTANCE

- Perceived loss of control
- Excess uncertainty
- Surprise
- Difference Effect this means I need to question habits and routines and it is too unsettling
- Loss of Face if previous actions don't match the change
- Concerns about future competence



- Ripple Effect change causes another disruption
- More Work effort, concentration, meetings, learning etc.
- Past Resentments unaddressed grievances
- Sometimes the threat is real – winners losers, pain or loss

TO MINIMIZE RESISTANCE ...

- **Plan** for the change.
- Involve people early.
- Train on new skills.
- Allow people to express their feelings.
- Help identify what they can and can't control.
- **Ask** everyone to identify benefits for themselves.
- **Remind** people of past success with change.
- **Put** change into perspective.
- **Discuss** the best and worst that could happen.
- Praise small successes.



CHANGE MANAGEMENT STRATEGIES

- Plan for Change
- Communicate, communicate, communicate
- Build Support
- Sustain the Change
 - Keep Change Alive
 - Recognize Progress
 - Celebrate Success



What aspects of your leadership will you choose to focus on in your year as President?



Thank You

