



TIPS FOR LEADING AND

Living Intentionally

Leading and living intentionally is a concept that emphasizes purpose, self-awareness, and conscious decision-making in both personal and leadership aspects of life. It involves actively and consciously shaping one's life and leadership style rather than simply going with the flow.

Key principles associated with leading and living intentionally:

- **Effective Communication:** As a leader, intentional communication is crucial. Clearly articulate your vision, values, and expectations to your team. Listen actively and empathetically to understand the needs and perspectives of others. Effective communication fosters trust and alignment.
- **Empowering Others:** An intentional leader doesn't micromanage but empowers their team members to make decisions within their roles. This delegation of responsibility allows team members to take ownership and grow, aligning with their personal and professional goals.
- **Conflict Resolution:** Approach conflicts and challenges with an intention to find constructive resolutions. Avoiding or mishandling conflicts can lead to negative consequences. Address issues directly and with a focus on finding common ground.
- **Mentoring and Coaching:** Intentional leaders invest in the development of their team members. They act as mentors and coaches, providing guidance and support to help individuals reach full potential.
- **Leading by Example:** Your actions as a leader should be a reflection of the values and principles you espouse. Leading by example is a powerful way to influence and inspire your team.
- **Measure and Evaluate:** Regularly assess your progress in both personal life and leadership roles. Track the impact of your decisions and actions to make adjustments as necessary.
- **Resilience:** Challenges and setbacks are inevitable. Intentional living and leadership involve developing the resilience to bounce back from adversity and continue pursuing your purpose.
- **Balancing Well-being:** Leading and living intentionally also means taking care of yourself. Ensure you have a healthy work-life balance and prioritize self-care.
- **Inspiring Others:** Be an inspiration to those you lead and interact with. Share your journey of intentional living and leadership, and encourage others to consider their values and purpose.

Leading and living intentionally is about aligning your actions with core values and positively influencing those around you. By doing so, you can lead a more purposeful and meaningful life and have a more significant impact as a leader. Reach out at 800-327-4968 (800-EAP-4YOU) | TTY: 877-492-7341 or visit EAP4YOU.com to learn more.