

The 4 Unspoken Laws of Influential Leadership

GoSkills online course syllabus

Skill level

Beginner

Lessons

24

Pre-requisites

No prior experience needed

Video duration

1h 6m

Estimated study time

1h 6m

Instructor

Alex Echols

Introduction

1

The influential leadership laws

Every good leader wants to manage their team and organization effectively, but how do you actually become an influential leader?

2

Establish a learning goal

Setting just one intention can change your entire journey for the better.

Law 1: Build Awareness

3

Intro to law 1

Building self-awareness in leadership is a critical step to becoming an influential leader.

4

Stay grounded

In a fast paced, ever-changing world full of internal and external stressors, it can be challenging to stay self-aware enough to remain grounded, both professionally and personally.

5

Be authentic

Alignment in the VUCA world and workplace comes from knowing who you are while staying flexible and adaptable to change.

6

Create space

In a world where things are connected 24/7 and it feels like you constantly have to be "ON," the time to think and respond mindfully to what comes up can often take a back seat.

7

Create more space

Learning something is merely the first step.

8

Improve your relationships

Self-aware leaders recognize how their internal experience impacts their external reality and the experience of those around them.

Law 2: Cultivate Personal Flexibility

9

Intro to law 2

Managing stress, upgrading your habits, and shifting your perspective are vital skills for influential leadership.

10

Distinguish between types of stress

According to the National Institute of Mental Health, feelings of emotional, mental and physical tension are common reactions to internal and external stressors.

11

Stress: manage what matters

Human beings are biologically designed to have reactions to the experiences and triggers that come up in life.

12

Further disrupt autopilot

Anytime you can disrupt your autopilot habits to take a few moments of space, you give yourself the opportunity to observe and reflect mindfully before proceeding.

13

Shift your perspective

As humans, our perspectives in life are often shaped by our backgrounds and experiences, which can sometimes limit our ability to understand and connect with others as leaders.

14

Cultivate new habits

Knowledge without application is useless and doesn't serve anyone, especially leaders.

Law 3: Bridge Motivation and Appreciation

15

Intro to law 3

When it comes to influential leadership, figuring out what motivates you and your team is critical.

16

Understand motivators

According to Simon Sinek and his bestselling book *Start With Why*, being guided by your own vision, desires, and ambitions can lead to a deeper sense of connection to your life and work.

17

Develop adaptability

If life always went the way people wanted, then everyone would have perfect lives.

18 Motivate your team

Influential leaders cast inspiring visions and motivate their teams to achieve great things.

Law 4: Lead from Within

19 Intro to law 4

In a world of constant change and external influences, internal leadership skills are crucial.

20 Prepare for long-term success

Based on popular research done by the consulting firms McKinsey & Company and Accenture - work, workforces, and workplaces as you know them continue to change and evolve globally due to rapid tech, cultural, and societal disruption.

21 Identify your leadership category

It's often much easier to see and recognize the blind spots of others, especially in managerial positions.

22 Foster psychological safety

Research studies by Amy Edmondson & Google have shown that individuals who believe they won't be punished or humiliated for speaking up with their ideas, questions, concerns, or mistakes often perform better than those who don't.

23 Cultivate inclusion and ethical leadership

High productivity doesn't always equal a high sense of well-being, especially for those from historically marginalized backgrounds who don't believe they have the option to fail.

Conclusion

24 Become influential

Congratulations and thank you for watching this course!

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