

The Change Bulletin

M A Y 2 0 2 2 E D I T I O N



Ready to escape your desk, increase self-awareness & shift your thinking?

Hey ,

We all know that leadership can be tough. The challenges can feel overwhelming. It can feel lonely. Stress can become part of the norm. Despite that, many leaders excel... they continue to thrive, to inspire, to maintain a following.

How do they do that?

- They are clear about how they show up. What type of leader they want to be. How they want to shape their team.
- They put people first, and that includes themselves.
- They are able to navigate challenges with resilience, because they have created the right culture for support.

- They lead with self-awareness, confidence, direction, determination, compassion, authenticity and self-care.
- They are determined to succeed by empowering their team.
- They are open to feedback and willing to change the direction when things aren't working. That can be tough.
- They find the positives that come from difficult situations, using each challenge or 'failure' as a learning opportunity.

You've signed up to be a leader so make it work. Develop your role so that you enjoy it and succeed. Focus on the things that matter; looking after those around you so that they remain loyal, enjoy engaging with their work, and want (and are able) to perform well.

And those leaders that don't?... We've all seen or heard about those who lose their cool or resort to tactics that communicate fear and desperation to regain control. No one wants to work for them.

Whether you are a manager or a leader, this edition of The Change Bulletin is for you.

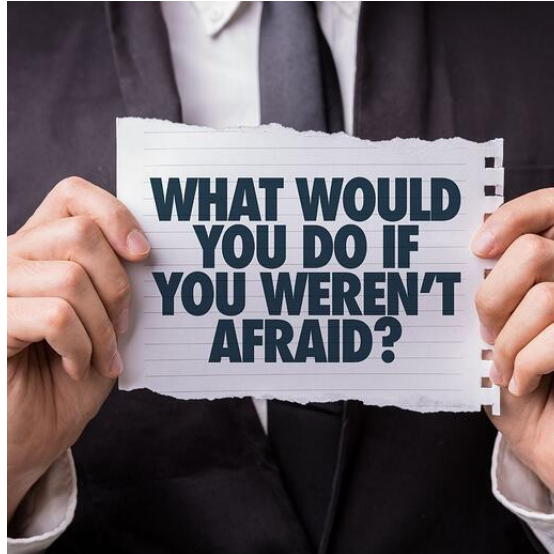
Lisa 



Consider yourself a good leader?

You might want to think again. How do you really show up and is it how you want to be perceived? Do you have a clear identity that is shaped by self-awareness and clarity about your intention?

[Find out more...](#)



Is Fear blocking your leadership?

Whether it is about getting things wrong, being judged, the discomfort of conflict, the possibility of failure, or the turbulence of uncertainty, there is plenty to get in the way. What are you afraid of?

[Find out how to take control](#)



Mental Health: Missing the Point?

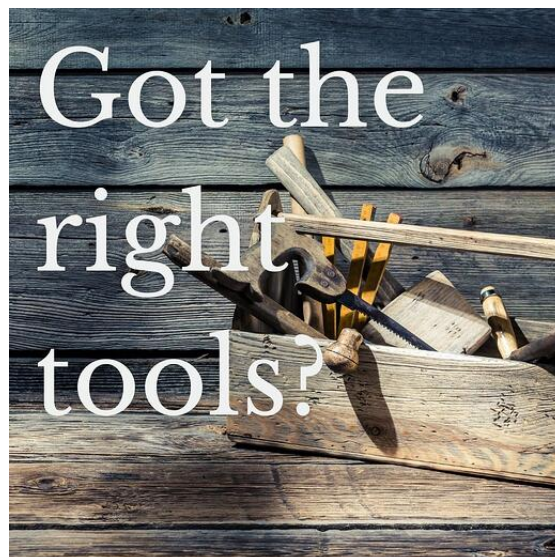
Too often we focus on the aspects of mental health that are a result from our wider context. Instead, we need to change that context to shape good mental health. That means developing positive employee experience.

[Read more...](#)



[Join us in the tipi](#) if you want...

- Clarity about what your team needs from you
- To discover your strengths and gaps in meeting those needs
- Understanding to overcome leadership challenges today
- Knowledge to create a culture for high performing teams
- To unpick authentic and compassionate leadership
- A Personal Development Plan that you feel excited about



Mental Health Onboarding

What you call it doesn't really matter. But equipping new employees with the skills they need to stay well and fulfil their role, does matter. That's why [Anna Harrington](#) and I are working on just that. Does it suggest your company has a problem? No. Does it show you care? Yes.

[Find out more...](#)



Podcast

The second series started last week about the 'how' to achieving good employee experience. [Celia Champion](#) and I discussed leadership, our 'why', behaviour, work culture, conflict, roles and recruitment. This week I'll be joined by [Maureen Robson](#) who has removed egos.

[Take me to ALL PODCASTS](#)

“**Best** podcast I've listened to in a while Lisa Lloyd.
I hope **series two** is around the corner soon?”

SHARRON MOFFAT | Mental Health Trainer | Mental Health First Aid England

A Final Thought From Me...

Maybe a tip isn't your thing. Or you just can't make it.

Perhaps reading about some of these ideas sparks your thoughts, but you want an opportunity to dig a little deeper.

I'm happy to help. [Message me](#) and let's start the conversation.

Ready to start the conversation, share your challenges and explore a way forward?

Drop me a line

Connect with me on LinkedIn

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