

**LS101 Developing the Healthy Leader**

**What's your personal definition of "Leadership"?**

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Leadership is a much debated concept but at first glance the question seems like something everyone should be able to verbalize in an instant, myself included, but after listening to the definition others gave, I see the term leadership as something a good leader accomplishes. *"Leadership is the ability to influence a group towards the achievement of goals" In my definition of leadership it means a good leader has accomplished a set of goals and reached a finished product in whatever is attempted. In my search for a definition, I came across this quote that will stay with me and inspire me always: "A great leader takes people where they don't necessarily want to go, but ought to be." --Rosalynn Carter"* [ CITATION Ros \l 1033 ]

It is the art of motivating people and the realization that there is a process that takes place and it comprises several "p's". The "p"lace is where a good "p"assionate leader who is "p"repared to develop "P"eople, "p"lan for an organization's goals and set "p"riorities for them to be implemented.

As a leader, I think of myself metaphorically as a cake as John C Maxwell says in chapter one of "Developing the leader within you": Every cake needs flour, eggs, sugar and butter. Otherwise it is not a cake, right? Just as if you were baking a real cake, you cannot leave out the essential ingredients in your "leadership cake." Your leadership cake must include Communication, Authenticity, Knowledge and Empathy.

"Leadership is solving problems. The day soldiers stop bringing you their problems are the day you have stopped leading them. They have either lost confidence that you can help or

concluded you do not care. Either case is a failure of leadership." --*Colin Powell*[ CITATION Col  
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#### References

[ CITATION Ros \\ 1033 ]

[ CITATION Col \\ 1033 ]

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