

International Metaphysical Academy

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Leadership Now

By Anneli Driessen Ph.D., Ph.D., MCC – March 22, 2021

Much of life has turned upside down.

Strength, self-differentiation, and self-control, all of which require maturity and stamina, along with ‘going the extra mile’ with responsibility, are the marks of true leadership.

Here are three considerations for leaders during difficult times. Whether you are a parent, corporate executive or an educator, a spiritual leader or a coach, a healer, a manager, or a doctor:

- Be a non-anxious presence. Remain calm and grounded amid tumultuous emotions. This can be achieved by being spiritually grounded through self-care, daily spiritual practices, and striving to be accurately informed with current information. In this way, you will best help people think clearly, act wisely, and discover a way forward together.
- Give yourself permission to feel fear, sadness, anger, and grief, the same as those being led. Identify and reach out to someone with whom you can be vulnerable, perhaps even with whom you can share a tear. Stay connected with your spiritual community and allow yourself to be enveloped by God’s unconditional love, love that is beyond us, beyond the virus, beyond this time in history.
- You are mortal. Despite taking all precautions, you may contract the virus. You may die from it. The organization or business you lead may not survive. Continue to take personal precautions for your own health as best you can while continuing to be faithful stewards of the leadership responsibilities with which you are entrusted.

As leaders, our *ultimate* task is not self-preservation. Our task is fulfilling our leadership responsibilities to serve the greater good. To serve God. By being our best, we can encourage each individual, and each group of individuals that we lead to experience creativity over aimlessness, community over isolation, and hope over despair during the most difficult of times. And, in the midst of it, sometimes we may even reignite or fortify a feeling of wonder and love.