

LEADERSHIP ACADEMY

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Superior

BALANCE IN LIFE AND
LEADERSHIP

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The Enormity of the Concept...

- Words that describe “balance”
 - Harmony, Equilibrium, Homeostasis
- Life and Leadership as two dynamic constructs
- Therefore the act of balancing is also going to have to be a dynamic process
- The important question is not only “how to balance,” but also “what to balance”



The answer lies in...

Probably the most fundamental question of all....

WHO ARE YOU?



An easy question...

- ...With a difficult answer
- http://www.youtube.com/watch?v=WGOd7tP3MZ4&feature=channel_page (4:47)
- http://www.youtube.com/watch?v=uW6HbZXI9Y0&feature=channel_page
- So... who are you?



The complex “who” you are...

- Identities driven by “Function”
 - Eg: Student, RA, Senator, Student Leader
- Identities driven by “Relationships”
 - Eg: Sibling, Child, Friend, Significant other
- Identities driven by “Ideology”
 - Eg: Liberal, Conservative, Spiritual, Religious
- Each of these identities have all three elements, but are usually driven by one prominent one
- So what drives your identities?



So what are you balancing?

- Responsibilities that come with each of these identities
- Expectations that others have of you based on your identities
- Aspirations that you have for each of these identities



Conflict between and within Identities...

- They happen... all too often
- It results in discomfort and stress
- They call for compromises to be made
- But that doesn't mean that you have to compromise who you are!!! (So breathe easy!)



Methods to maintaining Character Integrity

- What can we learn from Dr. Buddy Rydell?
- What can we learn from “V”?
- What can learn from the Obama Example



Physical Time-Space

- Know the physical Time-Space you are operating in
- Know the relevant identity, given the Time-space
- Know the responsibilities and expectations given the relevant identity within the Time-space
- Be fully present within the Time-Space



Ethical Space

- Know your values, and the values that are required of your identities
- Navigate the ethical space so as to create harmony between the two.



Capacity and Skill

- Know the mental and physical requirements of your identities
- Increase your capacities to accommodate increased demands from multiple identities
- Learn the necessary skills to navigate multiple roles



So what is the answer?

- ... to how you can Balance Life and Leadership?
 - Know who you are (your functional, relational, and ideological driven identities)
 - Know your values (your ethics and the ethics of the identity you may subscribe to)
 - Know what you can do (your capacity)



Conclusion...

- Life and Leadership are dynamic constructs which require constant examination.
- Expertise in these areas don't come with static answers
- It requires that you constantly ask that most fundamental question...
- And have the courage to constantly re-evaluate your answers



Thank you for doing what you do!
You do GREAT work!!!

