

## Continuous And Never-ending Improvement IX & X Take a Course and take a break

In our leadership journey school is never out. Keep reading articles on leadership and listening to podcasts as I suggested in earlier articles. It is also important to consider some formal training and there are so many opportunities on aspects of leadership. Choose interactive ones whenever possible as the old adage applies, *'I hear and I forget, I see and I remember, I do and I understand'*

**ALWAYS WALK  
THROUGH LIFE  
AS IF YOU HAVE  
SOMETHING  
NEW TO LEARN  
AND YOU WILL**

*~vernon howard*

- If you recognise the need to move from a directive style to more of a coaching approach start with a two day course with the Coaching Academy [www.coachingacademy.com](http://www.coachingacademy.com)
- If you want to understand the power of language patterns, take a basic course in NLP
- If your goal is to build a stronger team, google teambuilding and identify a course that would work for you
- For personal development Tony Robbins has both live and virtual events

If you want to learn more about promoting resilience and becoming more trauma informed as an organisation, check out Karen Treisman's website [www.safehandsthinkingminds.co.uk/books-cards-worksheets/](http://www.safehandsthinkingminds.co.uk/books-cards-worksheets/)

### Looking after yourself

For me taking a course is like taking a break – being in total learning mode clears my head.

For so many of you it's been a challenging 18 months and now that things are opening up its time to take a well-earned break

If you can't get abroad, take breaks at home – pamper yourself with a spa day, go on a walking trip, play golf, shop with friends. Whatever you do make sure its fun and relaxing – you have earned it.

**November 13 is World Kindness Day – so be kind to yourself and each other**



*Today Do something for You:  
Relax, Clear your mind,  
Take a break, Go for a jog,  
Watch the sunset. Enjoy  
the Simple Things. Enjoy You.  
~Brooke Griffin*

For more information on CORE leadership skills please visit my website at [www.lynnpeyton.com/core](http://www.lynnpeyton.com/core)

Communication

Optimisation

Relationships

Evaluation