

THE POWER OF QUESTIONS IN TACKLING CHALLENGING TIMES

Right now, all of us are in unprecedented territory, facing circumstances we never imagined, and it is more important than ever, that we show up as strong and resilient leaders.

When facing any challenging situation, it is the quality of the questions we ask ourselves and others, that makes the difference to our outcomes.

Here are some examples of questions you can ask yourself to help you stay focussed and analytical, so that you make great decisions and inspire others to be their best selves.

1. While the new arrangements are constraining, what is working well?
2. What are some of the things you did (your strategies) to help things go well?
3. Can you think of one small manageable step, that would improve things or make things better, right now?
4. What resources do you have access to right now – community? people? equipment? funding?
5. Who specifically could help? What could they do?
6. Can you identify anything else that might be helpful?

When you start to doubt yourself or start to blame the system, or criticise higher management, always come back to focussing on what you personally can do to make things better. Ask yourself questions like: -

- How have you overcome challenges in the past?
- What are your greatest strengths?
- How do your strengths help you to be a good leader?
- How can you empower your team?

Good Luck! Stay strong! Inspire others!