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**USING OUR POWERS FOR GOOD**

Our team had great fun putting together this week’s issue centred around The Avengers! Just reading the great articles contributed by our team of thought leaders – our heroes (and villains) have been sliced, diced and seen from every angle. Therein lies the power of storytellers – those who write the stories, and also those who are able to analyse, connect the dots and bring to real life the lessons learnt – a power that we consciously use in every interaction we have each day.

Elsie Dass helps us understand the various permutations of knowing a person’s talent and/or motives so that we might identify who are the Thors, Hulks and Iron Men we work with – and how we might want to approach them differently. – What happens when we are surrounded by the death and destruction of our dreams and hopes? Roshan Thiran, channeling Spidey and other superheroes, reminds us that suffering can lead to success.

From Sara Yee, we have a handy guide to the dos and don’ts that she has gleaned from being a great fan of The Avengers (although, sporting her recently acquired Loki paraphernalia, she may have a curiously dark side!)

Adrian Yap makes a kabile to another baddie – Ultron – for leadership lessons. Did that make you sit up in your seat? To be aware, to be conscious use in every interaction we have each day.

**CONCLUDING THOUGHTS**

Our chances to become heroes are not just limited to our homes and workplace. It can happen anywhere – while you’re crossing the road, driving or out shopping.

We may not have a chance to be Meher Khalil or Captain Chesley Sullenberger in our lifetime, but we can always identify opportunities to perform small heroic acts of kindness and selflessness on a daily basis.

I am inspired by this reminder from the cover version of the song Heroes, performed by The Wallflowers: “We can be heroes, just for one day, we can be us, just for one day.”

We can all be heroes indeed, even if it’s just for one day. Are you willing to become one today?

**WE CAN BE HEROES**

By LIN LAY HUANG
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THE word “hero” is defined in the Oxford Dictionary as a person who is admired for their courage, outstanding achievements or noble qualities.

We all need heroes. It’s an innate desire in humans to look up to someone as our role model, mentor, comforter, corrector and protector.

History makers such as Nelson Mandela and Mother Teresa are examples of heroes who made a lifelong impact for their stand for equality and for the poor respectively.

There are also many unsung, unassuming heroes in our midst, and these include our parents, teachers, soldiers, firefighters and humanitarian volunteers.

We often look around for heroes. For a change, why not be a “hero” to someone when a situation arises?

1 **AT HOME**

Scott T. Allison and George R. Goethals conducted a study in 2012 where-by people of all ages were asked to list down their personal heroes. About a third of the time, family members were listed. Our heroes at home, particularly our parents, need a break once a while. Why not be a hero to them by helping mum with cooking and ironing clothes, and dad with washing his car(s) and mowing the lawn? When you see one of your siblings feeling all worn out after a stressful day at work, you can offer a quick massage on their shoulders to relax them.

2 **AT WORK**

If you are a leader in the marketplace, get to know your people on a more personal level. Heroes, after all, ought to be personal. Otherwise, you’re just an idol on a pedestal, far from your team’s reach.

Stand up for your members if you are aware they are being treated disrespectfully by colleagues or clients. Also, be aware of what motivates or frustrates your people at work.

In a reversal of roles, if you see your leader overwhelmed by too much work, be the first in line to support and fill in the work gaps for him or her.

In their busyness, drop reminders for them not to skip their lunches, or convey words of encouragement when things get tough at work.

Among co-workers, be there for them when they need someone to talk to, and keep discussions private if they are meant to be as such.

**P.S.** A special tribute to our mountain heroes who put the safety of climbers above their own in the recent Sabah quake.

**QUOTES**

- “To the world you may be one person, but to one person you may be the world.” – Dr Seuss
- “Tell me who your heroes are and I’ll tell you how you’ll turn out to be.” – Warren Buffett
- “Virtually any circumstance in a man’s life will make him a hero to some group of people and has a mythic rendering in the culture – in literature, art, theatre, or the daily newspapers.” – Andrea Dworkin
- “Life hits you hard. But it takes you three seconds to decide if you are a superman or not. I am.” – Heath Roshan
- “Life doesn’t give us purpose. We give life purpose.” – The Flash