TIP NO. 1: BUILD PERSISTENCE THROUGH PRACTICE

Thankfully grit is like a muscle for stress tolerance; it can be strengthened through exercise. According to Duckworth, grit is a combination of perseverance and passion to pursue long-term goals. Tip No. 1 is to set large goals and work on them over the long term.

Tip No. 2: Find meaning in your goal-setting.

As Henry Ford once said, “When you think that you can, or that you can’t—you are right.”

DECLUTTERING: BRINGING FOCUS TO YOUR WORK

Leaders can also cope with stress by “decluttering” or prioritising on one task, it will have less for another.

Tip No. 5: Mono-task, focus to your work.

A vital ingredient that separates successful individuals from quitters is the concept of deliberate practice. In his book, Talent is Overrated, Daniel Pink describes how people who were better at a job by practicing far ahead of us, while we procrastinate and stumble over vague, small victories that bring us closer to failure. As Henry Ford once said, “When you think that you can, or that you can’t—you are right.”

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The anger and stress management course gives you an opportunity to work in a safe, supportive and confidential environment to master all issues troubling you. It can be relieving to find others sharing similar life experiences, while learning to handle stress in your own unique circumstances. At Leaderonomics, we can help you manage anger and stress better. To find out more, e-mail training@leaderonomics.com.

Grit: Flexing your stress tolerance muscles

The truth is, even the most highly skilled athletes are at the top of their game carry out the same actions, but research by Nass has revealed a difference in the way they go about it. The “Olympic heavyweights” of sport, such as Jobs, know that it is more productive to focus on change and not multitask.

Leaders can also cope with stress by “decluttering” or prioritising on one task, it will have less for another. Duckworth also reports that the most successful individuals have time limits, and longer distances, to stretch goals like more challenging client work. Someone with a growth mindset would say “I don’t have an excuse.” Those who have a fixed mindset would say “I don’t have the time.”

Look for ways to do things more effectively. When making your list, you may find you have spent time on things you should not do. For tasks that you cannot commit to due to your packed schedule, see if you can eliminate any and say “no.”

On a similar note, positive thinking is an important, while self-focus is also key to how effective you can be in your work. Those who have a growth mindset feel they can learn new things. Rose-tinted glasses when things are going down, remind yourself of the difference you can make. Ask yourself if you can learn to do your thing right.

Because our brains have different “modes” for different activities. Changing from one activity to another forces your brain to switch modes—which can take a lot of mental power.

As a leader, you will be responsible for making decisions and solving problems that are causing you stress. Successful leaders are aware of their

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