leaders in Malaysia take time to reflect on who they are and whether they are making a positive difference in this world. Some take reflection seriously and make time to think about these questions. However, perhaps the majority of leaders either don't have or don't make the time. Perhaps some believe that taking time out to reflect is unproductive or a low priority.

What is the value of reflection? Is it going to make you a better leader? The answer to that question, according to many practitioners and researchers, is a resounding yes!

Leaders in their fields, such as author J.K. Rowling, biographer Walter Isaacson and psychiatrist and psychoanalyst Carl Jung, all made sure that they took time out from their busy schedules to engage in deep reflection, which heavily contributed to their success.

Even very busy leaders like the governor of California Jerry Brown and Ohio congressman Tim Ryan say that disciplined periods of silence are important for their success.

SO WHAT IS REFLECTION?

Reflection involves stepping out of the hustle and bustle of life so we can look back on it from a more restful place. We all engage in reflection from time to time, even though we may not recognise it or name it as such.

When we look back on significant experiences in our lives and wonder how they have affected us, this is a form of reflection. When we recall the influential people who have made an impact on our lives in profound ways, such as grand-parents, parents, teachers or friends, this is also reflection. It’s a natural human instinct.

As leaders, reflection needs to be a little more purposeful. Firstly, leaders reflect to get a better understanding of themselves more deeply and to make a positive contribution to the world. He believes the hierarchical style of leadership found in Malaysia and many parts of the world is no longer fit for purpose.

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Ernest is a psychologist specialising in global leadership. He engages leaders to understand themselves more deeply and to make a positive contribution to the world. He believes the hierarchical style of leadership found in Malaysia and many parts of the world is no longer fit for purpose.

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