

5 KEYS TO

UNLEASH

LEADERSHIP

**A GUIDE TO HELP YOU UNLEASH
YOUR LEADERSHIP POTENTIAL**

BROUGHT TO YOU BY ZENCONS LEADERSHIP & LIFE COACHING

www.zencons.com

CONTENTS

WE ARE...	3
KEY 1: EMPATHY	5
KEY 2: PROBLEM SOLVING	7
KEY 3: TEAMWORK	9
KEY 4: LEADERSHIP	11
KEY 5: NEXT LEVEL	13
THANK YOU	15

WE ARE...



LUIS A. PERALES, M.S.
LEADERSHIP & LIFE COACH

We are working hard to live up to both cultural and societal standards. This means that we have to compete based on current societal norms while still remaining true to traditional familial expectations. The pressures of this reality create unique challenges for us and it perpetuates a feeling of inadequacy and self-imposed limitation. To complicate things further, many of us want to challenge the negative attitudes and beliefs that we have been taught but we feel that there is nowhere to turn to engage in this much needed work. This leads to many of us feeling judged if we

try to change and feeling alone because we are not being heard and supported. All we want is to take care of our familias. All we want is to make a good living and to pass on what we have learned so we can help others in our community. To accomplish this, we need to feel safe and supported when we choose to face our fears. We need help and feedback when we face our challenges and problems. Most importantly though, we need to be coached and held accountable as we strive to achieve our desired outcomes. This is why I share the 5 KEYS TO UNLEASH LEADERSHIP.

**WE ARE WORKING HARD TO
LIVE UP TO BOTH CULTURAL
AND SOCIETAL STANDARDS.**

UNLEASH

**THIS CHALLENGE CAUSES A
FEELING OF INADEQUACY AND
SELF IMPOSED LIMITATION.**

@ZENCONS

1

EMPATHY

When we finally make the choice to make a change and step into our own power, we commonly look for exemplars.

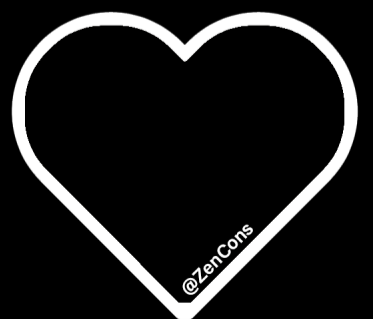
The tendency is to seek those who “have it figured out” or “who have it all together.” The truth of the matter is that even the most successful leaders that we know are still trying to figure it out.

This natural tendency to seek direction comes from the experiences of our childhood, when we looked to caring adults who could show us the way.

So if exemplars are not the answer, then where do we look for direction? The answer is

found within us. What we seek is actually a better version of ourselves. But how do we get there? Our first step is to return to an open and learning mindset, where EMPATHY on an emotional, intellectual, and compassionate level is allowed to lead.

I implore you to stop looking solely outside of yourself for the answer. Deploy all of your EMPATHY on yourself first and let that guide you to what comes next. Because a leader who knows and listens to themselves is a leader who can know and listen to the needs of others.



**WE NEED TO STOP LOOKING
ONLY OUTSIDE OF OURSELVES
FOR ALL THE ANSWERS.**

UNLEASH

**DEPLOY ALL OF YOUR
EMPATHY ON YOURSELF AND
LET THAT GUIDE YOU TO
WHAT COMES NEXT .**

@ZENCONS

2

PROBLEM SOLVING

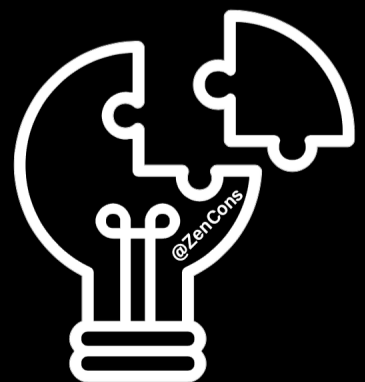
We are all creatures of habit that avoid conflict and prefer that things not change, but doing this leads to unhealthy peace. Conflict and change are at the core of **PROBLEM SOLVING**, and problem solving is at the core of being a leader.

So what do we do with this common dilemma? How do we become better problem solvers? Where do we find the best solutions?

We all must begin by developing an understanding of what kind of problems each of us is best at solving. This simple step will provide us with a clear way to know when we should lead and when we should follow.

We must also be mindful and conscious of what we believe to know and what we know nothing about. This simple act will keep us from using the same mindset that created the problem as a basis for finding a solution.

The intent here is to have each of us engage our conscious mind so that we may look deeply into ourselves and into others. In doing so, we become seekers of solutions rather than mere believers of perceived truth. And we need more leaders who are seekers of truth and less who are intoxicated with their own beliefs.



**WE MUST SEEK SOLUTIONS
AND NOT JUST BELIEVE
PERCEIVED TRUTHS.**

UNLEASH

**THIS WILL ALLOW US TO
KNOW WHEN TO LEAD
AND WHEN TO FOLLOW.**

@ZENCONS

3

TEAMWORK

In all sectors the importance of bringing a team together to make things happen is critical. Unfortunately, the ability to bring a successful team together is not a skillset that is explicitly taught. Group work in school, team sports, and work groups on the job are usually a coming together of random individuals. At times the randomness works and at times it does not.

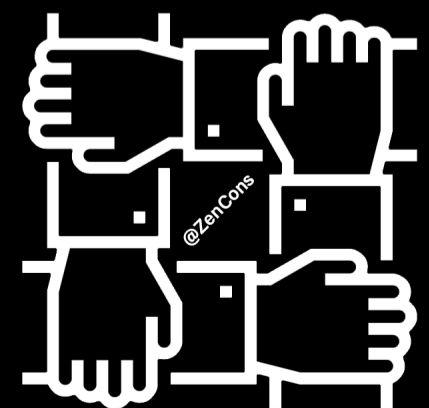
We usually do not question our placement in a team. In all truth, we normally just accept it as part of our experience.

But what if I told you that there is a science to bringing people together. What if I told you that

there is some predictability to how things may turn out?

Most groups that come together follow a very distinct pattern. This pattern related to group dynamics. The development and progress of a team has five stages: 1) Forming, 2) Storming, 3) Norming, 4) Performing, & 5) Retiring.

So the next time you are on a team, analyze where in this five stage process your team finds itself and plan accordingly. This analytical investment of time will help move things forward and will help increase your probability of success.



**IF YOU WANT TO LEAD, YOU
MUST LEARN TO BRING
TOGETHER SUCCESS TEAMS.**

UNLEASH

**INVESTING IN TEAMWORK
WILL MOVE THINGS FORWARD
AND INCREASE SUCCESS.**

@ZENCONS

4

LEADERSHIP

As we engage in discovering what LEADERSHIP means to us, we come to understand that what we seek is a new way forward.

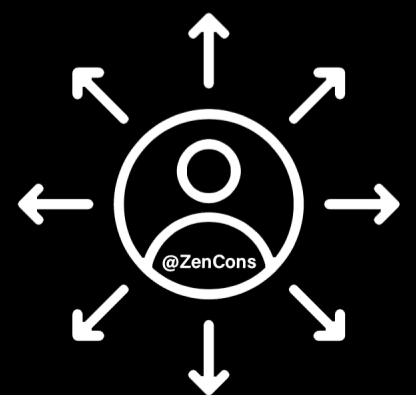
The old way of doing things can only take us so far. A new way and a new us is unavoidable.

When we first begin the process of stepping into our own LEADERSHIP, we commonly will compare ourselves to others. The tendency is to contentiously compete, but this type of competition will not give us what we seek. It will kill our creativity and limit us.

So, what can we do? How can we set ourselves up to be the leaders we aspire to be?

The answer lies in developing a new mindset that will unleash you potential. This mindset will help you understand that there is no shortcut to success and that leadership requires a full commitment.

Because LEADERSHIP cannot be borrowed, mimicked, or faked. It must be created and pushed forward with every ounce of commitment that we can muster. So if you aspire to lead, make sure you are ready to commit. Only through this empathic approach will you come to be EMPOWERED, RESOURCED, and CONNECTED, without feeling judged or alone.



**WE NEED A MINDSET THAT
WILL UNLEASH THEIR
LEADERSHIP POTENTIAL.**

UNLEASH

**THIS WILL ALLOW THEM
TO BECOME EMPOWERED,
RESOURCED, AND
CONNECTED.**

@ZENCONS

5

NEXT LEVEL

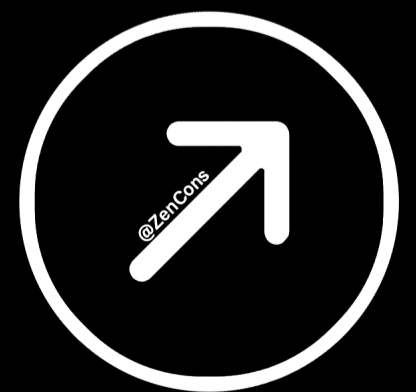
There are four zones that we must become very familiar with if we want to get to the NEXT LEVEL. These zones include: 1) The Comfort Zone, 2) The Fear Zone, 3) The Learning Zone, & 4) The Growth Zone.

The recognition that these zones exist and that at any given time we are in and moving between them is key to our self awareness. All too often our unintentional nature lead us into these zones unknowingly, resulting in major obstacles to our natural, progressive growth.

Most individuals aspiring to get to the next level believe that overcoming fear is their

biggest obstacle. The truth is that overcoming comfort is way more critical. When we feel safe and in control, there is no incentive for us to strive for more and it leads us into a state of mediocrity.

For this reason I recommend to aspiring leaders that they first analyze these four zones for themselves and then that they learn to be comfortable with the uncomfortable. Because if you want growth, you must confront your comfort and fear head on so you can then learn and grow into the next version of you that you have always been meant to be.



**WE MUST FACE OUR
FEARS AND OUR
COMFORTS HEAD ON.**

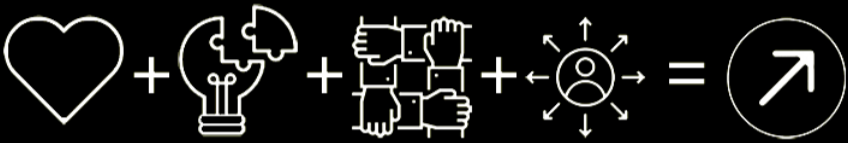
UNLEASH

**SO WE CAN LEARN AND
GROW INTO THE NEXT
VERSION OF OURSELVES.**

@ZENCONS

**THANK YOU
PLEASE STAY
CONNECTED**

ZENCONNECT@ZENCONS.COM



**LUIS A. PERALES, M.S.
LEADERSHIP & LIFE COACH**

@ZENCONS

UNLEASH

CLIENTS SPEAK

"I feel like I've been waiting for this."

"I had to get over my fears."

"I feel like I should already know."

"I crave a community that I can relate to."

"I had to learn to be good at stepping up from the back."

"I don't ever want to lose touch with my raices."

"I'm going to be real with you."

www.zencons.com