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### Episode 14: *"You Can't Be What You Can't See" Part 2*

**4:20 Have a model to follow.** It helps if you have an older sibling showing the way and providing the pathway to learn from: "You can't be what you can't see" Leadership is all about influencing others to feel good about themselves

**7:04** You don't have to know the path but be self-aware when you're on the right path, (self-orientation). "Be open to the learning of it all".

**9:11** Athlete life is all about feedback and as athletes we tend to crave the negative over the positive "Don't tell me I've played well, tell me how I can play better". "Some people need just the positive feedback to feel great, I needed the learning to feel great"

**9:44 "Opportunity and the Difficulty"** Often the most learning and growth comes from the difficulty. Help people find the better version of themselves through honest feedback on "consistent behaviors" that lead to better results. Knowing when to give a cuddle and when to give honest feedback"!

**11:50** Let's keep searching for the right person who can give you the right guidance and advice.

**13:13 "Misery likes company"** so make sure your listening to the lessons and even the positive in the negativity!

**14:28 "Equanimity"** the calmness in the chaos! Despite the chaos that's happening around you, you can have a strange sense of calmness and sharing that with your team helps change the negative to a positive! It starts with positive body language and calm dialogue on the outside

**18:44 Be aware of your red flags!** Internalizing thinking and dialogue is a red flag! Shift the internal to the external! Encouraging someone else gets your focus right! Don't be a go getter.... be a go getter! Every action and every emotion is a chance to display better leadership messages.

**20:48 You can't be a winner if we are whining.** Acute awareness! Be careful of who you surround yourself with. ARE THEY ZAPPING YOU OR SAPPING YOU? Read "The Celestine Prophecy"

**22:40 The quickest way to learn something is to teach it!**

**23:08** Sometimes reaching the pinnacle of an achievement is more of a relief than anything else. Keep looking for the lesson and growth opportunities amongst the challenge

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**Book recommendations: "Game On" Supercharge Your Career and Build the Life You Want  
by Bianca Chatfield and Leigh Russell**

**"Celestine Prophecy" James Redfield**