

5 TIPS FOR LEADING DURING UNCERTAIN TIMES

LEVERAGING EMOTIONAL INTELLIGENCE



SELF PERCEPTION Recognize and embrace your strengths and weaknesses

We are often hardest on ourselves.
The great leaders lead themselves
as much as they lead the team



RECOGNIZE AND EMBRACE YOUR STRENGTHS

- When dealing with uncertainty, what strength will help me the most?
- Who else can I call forward to help us?
- If we were to have a well rounded team, who else needs to be included?
- What's possible with the power of this team?



SELF EXPRESSION Choose to respond versus react

Understand that you get to choose
how you put yourself out there in
the world.

Take a breath and intentionally
respond



CHOOSE TO RESPOND VERSUS REACT

- Based on what I just learned, what would be helpful right now?
- What might be triggering my reaction?
- If I was to respond based on logic, what would my response be?
- What is driving the emotion that is triggering a reaction?
- In what ways can I use the power of pause?
- Will what I am reacting to matter in 5 minutes, 5 weeks, 5 months or 5 years from now?



INTERPERSONAL Know there is no "I" in Team

Even when we are not in the same
space, we are still part of a team.

Remember that others may need
us to show up in a different way
for them.



KNOW THERE IS NO "I" IN TEAM

- What does the team need to help them during this time?
- What do I need that will help the team during this time?
- What's important right now?
- How can we collaborate to find a solution?
- How can we leverage the power of this team for this situation?



DECISION MAKING Be ready with a clear mind

As a leader, you are an important
part of the process for your team
and organization.

Take a moment and know that you
got this.



BE READY WITH A CLEAR MIND

- What is 100% clear right now?
- What worry or concern is clouding my mind?
- What is driving my emotion? My logic? My gut feeling? And what's actually true?
- Where do I need to get clearer?
- What three key decisions do I need to make?
- By not deciding, What have I am I actually deciding?
- What's important? What's important now?



STRESS MANAGEMENT Assess and adapt

Adjust as necessary, understand there
are many sides, and know there is
much within the leader's control.



ASSESS AND ADAPT

- What is in my control?
- What is in my sphere of influence?
- What do I need to let go of?
- What mindset will support me the most right now?
- In what ways am I going to balance out this stressful time?

Is your organization or team struggling during this pandemic?
Contact us to see how we can help you during this time of change and uncertainty.



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