



Executive Commute with Jayson Krause

Season 2 Episode 20 Resource

Embracing Leadership Pains

Bottom line:

To build better and more capable leaders, we need to create more simulated arduous experiences.

Key takeaways:

- Once we understand that everything is essentially a simulation preparing us for the next day, we can seek arduous experiences that stretch and exercise our capability. The more we seek these and create these for our people, the more we are developing more confident and capable people.
- The pain of failure and discomfort of stress are important information that our people can learn from.
- Exposing our people to discomfort builds compassion and confidence.
- Great leaders are masochists. They will identify and pursue the pains that lie in the path of their vision.

Questions for reflection or team discussion:

- What is stopping you from dealing with the pain?
- Pain Inventory
 - List out all the pains you face as a leader.
 - List out all the pains that will happen if you avoid your pains.
 - List the actions you will take to deal with these pains.

After you've explored this, let us know how it went. Send questions to hello@level52.ca.
