



STRESS AT WORK



RELAX AT HOME



RELAX OUTDOORS



CAUSES OF STRESS

PARKS AND WILDLIFE MANAGEMENT AUTHORITY

COUNSELLING SERVICES

Chaplain General (CG) Trust Mashingaidze from Zimparks brings you Counselling Nugget number 20 of 2021 with focus on Leadership. This publication focusses on two quotations Lets draw some lessons from them and make a Discourse.

As leaders we can extrapolate from quotations below and improve our leadership skills. We should not confuse situations where we are supposed to take instructions and do them but generically these can assist let us discuss. The same for upcoming leaders get a cue and improve as you get into the business of influencing others.

A CALL TO LEADERSHIP

START

STOP

MORE

START spending time with the right people.

STOP spending time with the wrong people.

MORE spend more time with people you respect.

START facing your problems head on.

STOP creating problems.

MORE simple solutions.

START being more genuine, fair and reliable.

STOP being dishonest, deceptive & deceitful.

MORE authentic, fair minded and honorable.

START valuing your mistakes.

STOP blaming your failures.

MORE open to lessons.

START appreciating, being grateful, show recognition.

STOP belittling, disparaging, and disregarding.

MORE appreciation, recognition and gratefulness.

START mentoring, advisership and guiding.

STOP discouraging, hindering, deterring, blocking & preventing

MORE leadership, mentorship and inspiration.



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Leadership Lessons

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BASED ON AN INTERVIEW WITH KNOWLEDGE@WHARTON

WITHOUT **VISION** there is NO LEADERSHIP

a leader MUST BE ABLE TO TRAVEL INTO AN unexplored path

LEADERS MUST KNOW how to handle **SUCCESS** AND MORE IMPORTANTLY **failure**

LEADER MUST HAVE **courage** to make DECISIONS

Leader should have **NOBILITY** in MANAGEMENT

EVERY ACTION OF A LEADER SHOULD BE **transparent**

A LEADER MUST WORK AND SUCCEED WITH **INTEGRITY**

VALUES BELIEFS ACTIONS

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Reference: Contemporaries