

# OPTIMISM:

The Cornerstone of Knowing How To Lead a Team

# The Importance of Cultivating Optimism

- ❑ It can help you as a leader
- ❑ It can boost your team's enthusiasm
- ❑ It helps your team to stay the course

# Six Strategies That Can Help Your Optimism When Leading Teams

- ❑ Avoid Getting Stuck By Set Setbacks
- ❑ Prioritize Self-Care Daily
- ❑ Nurture Optimism In Team Members
- ❑ Focus On The Tone You Set
- ❑ Practice Future Orientation As Part Of Your Leadership
- ❑ Improve Your Leadership Communication Skills

# Avoid Getting Stuck By Setbacks

- ❖ Remind Yourself That Setbacks Are Part Of Normal Life
- ❖ Remain Optimistic No Matter If Things Go Wrong

# Prioritize Self-Care Daily

- ❖ Exercise Self-Care
- ❖ Avoid Procrastinating
- ❖ Avoid Delaying Important Decisions
- ❖ Avoid Not Taking Necessary Risks For Fear Of Failing

# Nurture Optimism In Team Members

- ❖ Acknowledge And Thank People Individually
- ❖ Show Them They Are Valuable For The Company
- ❖ See Each Team Member As A Unique And Gifted Individual
- ❖ Show Them You Expect Them To Succeed
- ❖ Help Them Focus On The Long-Term Goals & Find Something Positive When Things Go Wrong
- ❖ Ask Them Questions/Challenge Them

# Focus On The Tone You Set

- ❖ When Leading Teams Is Important To Consider Setting Your Tone
- ❖ Raise Self-Awareness
- ❖ Spend Some Time Thinking About The Words You Want To Use
- ❖ Consider Using Words That Lift People Up

# Practice Future Orientation

- ❖ Being Future Oriented Means Sustaining The Believe That Goals Can Be Attained No Matter The Setback
- ❖ Practice Thinking & Talking About The Future With Your Team
- ❖ Plan For The Long-Term Continuously
- ❖ Re-inforce The Importance Of Future Vision



# Improve Your Leadership Communication Skills

- ❖ Try To Enhance Your Communication Skills
- ❖ Paint A Picture Of The Future By Using Stories, Metaphors, and Analogies
- ❖ Communicate To Your Team Where You Want To Go

# Marta Hernandez-Fontenot CPRS/Life Coach

Turning Point Peer Support Center/Alliance Info:

Email: [mhernandez@alliance-hs.org](mailto:mhernandez@alliance-hs.org)

Office Number: 901-620-6320

Mobil Number: 901-428-0129

Women Moving Forward & Coaching Experience Info:

Email: [women\\_moving\\_forward@outlook.com](mailto:women_moving_forward@outlook.com)

Mobil Number: 901-402-5845

Website: [women-moving-forward.com](http://women-moving-forward.com)

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