

Rising in Times of Chaos

Fear not – I'm not about to delve into the depressing number of challenges that we face in our society. Not only are you probably aware of them already, they're made overwhelmingly visible by the mainstream media and across social-media channels virtually on a daily basis.

I was on Twitter a few weeks ago when I started to see a change. People were getting louder – calling on our nation's president to end the prolific violence that has spread across South Africa. As I work for a leadership development company, I know what it can feel like when power is either taken away or never awarded in the first place.

Being confronted with the world's problems on a daily basis is disheartening for even the most stoic of people. We all end up feeling overwhelmed and fearful over our lack of ability to change things for the better. Conversations on the subject of crime, violence and politics are commonplace amongst friends, family and colleagues, but the question I hear most often and from every group is: How? "How do we survive in such times?" "How do we overcome this?" "How do we protect our children?"

Leadership is key to every aspect of life – whether socially, economically or professionally. Here are a few of ways to tap into your inner leader.

Find Your Tribe

The power of connection has given me more gifts than I can fathom. Mostly, my

"tribe" helps me to shift my mindset, focus on what's needed, fill my tank and remind me of my place in the world. Surrounding yourself with like-minded people, plus friends and family has the power to change your life.

Live Your MTP

In his book *Exponential Organisations*, Salim Ismail explains that exponential organisations are created by solidifying their "massive transformative purpose". What is it you really want to do as an organisation, as a professional, as a person? Write it down, then go and live it. Re-orientate yourself and look at those goals every day, and you won't drown in the negativity.

Contribute From a Position of Strength

Why contribute? Well for the majority of us, contribution makes us feel empowered. When we contribute, we feel better about life. Contributing can be smaller things like listening to your partner, mentoring someone at work or putting in a little extra effort. You will find yourself rejuvenated in spirit as a result.

'Response-ability'

Fear is contagious. It spreads like wildfire and you end up feeling like you're being overtaken by pessimism. We all have "response-ability" – it means we have the ability to respond to our circumstances instead of reacting. This doesn't mean only in our decisions but in our emotional reactions too. Have a cry – but then continue, for there is still much joy and inspiration to be found in our world.

Inner Peace

There's a beautiful moment in *Kung-Fu Panda* (yes, Paramount Pictures gave us a wealth of wisdom in these joyful movies) where Po is trying to find inner peace and he keeps repeating these exact words: inner peace. It turns out it works. When the world is falling apart, all you need do is close your eyes and just take a breath. Inner peace, as the sages say, has the power to change the world.

I leave you with this quote:

"The real test of leadership does not occur when everything is smooth sailing. Rather, leadership is oftentimes tested during a crisis". – Engagedly.com

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