



Leaders & Managers Working Under Pressure Hurry Illness





Introduction

- If I were to choose one thing that leaders and managers complain about most, it would be lack of time.
- There is too little time to hit their targets, to manage their staff, to spend with their families, or to reflect on their lives.





Hurry Illness

- Almost of leaders and managers suffer from Hurry Illness.
- Hurry Illness is a mental condition of constant urgency, that can increase our stress level and anxiety.





Hurry Illness

Main Outcomes

- Shorter attention spans.
- Poor communication skills.
- Growing levels of anxiety and stress.
- Excessive focus on details.
- Breakdowns in relationships (work and personal).
- Decreasing effectiveness as leader or managers.





Hurry Illness Important

- If you are included in such shortlist of symptoms, It is a strong case for slowing down.





How to Deal with Hurry Illness

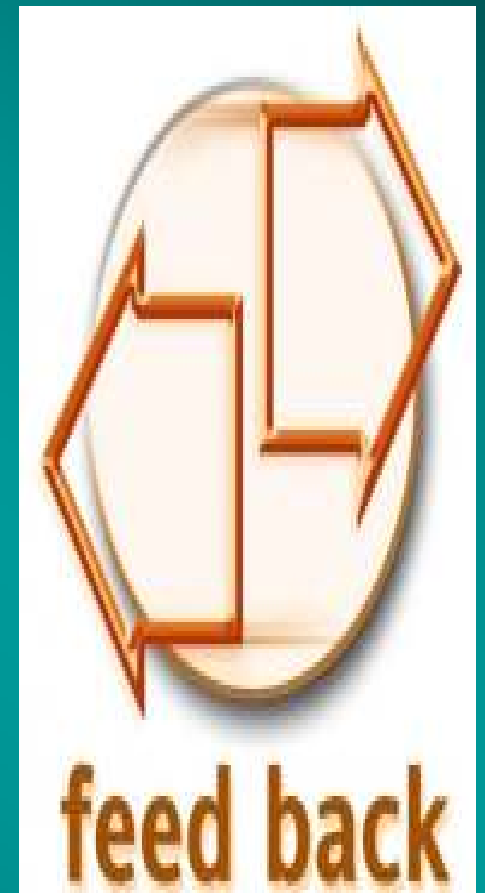
- Executives can see how their perceptions of themselves match up with those of their direct reports, peers, and bosses.
- Some get a nice surprise. But more often than not, the survey reveals that they are not quite as strategic or sensitive as they thought.





How to Deal with Hurry Illness

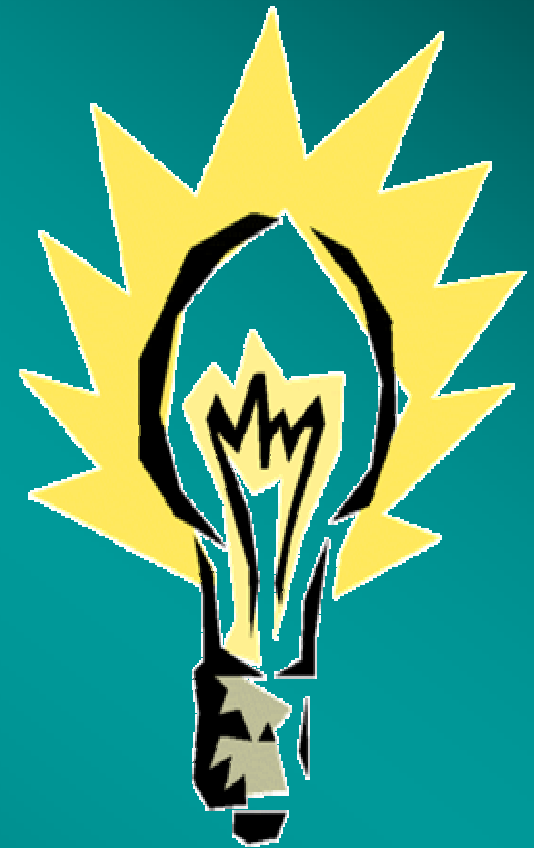
- The feedback is important, but it is the time spent on reflection that is critical to their development.
- In other words:
 - In which situations or with which people might they be more strategic or sensitive?
 - What is stopping them from being strategic or sensitive?
 - And what might they do to change their behavior?





Hurry Illness Important

- It is precisely at this moment of self-awareness that the hurry illness falls away.
- Time opens up and they talk about what really matters:
 - Why do they do their jobs?
 - What does their family mean to them?
 - What do they love to do?
 - Where do they want to go?





Important Leader & Manager

- In our task- and profit-driven world, so much more is written about what executives need to do and think in order to be successful, but very little about how they ought to be.
- To be truly effective, leaders and managers first need to understand themselves.





Conclusion

- Leaders need to step back and reflect on themselves:
 - Their roles, the way they work, their assumptions, and their lives.
- Yet the corporate world allows very little time for this, with the result that leaders and managers often rely on role models or the techniques of others instead of understanding who they are.





Lico Reis Consultoria & Línguas Roberto Lico Reis

*Feel free to send us suggestions
about new presentations,
that can help you to face your life or professional
challenges.*

www.licoreis.com

licoreis@licoreis.com

E-books: www.migre.me/oQ5

Linkedin: www.migre.me/1d9r

Twitter: [@licoreis](https://twitter.com/licoreis)