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The Five STEPS to a Winning Mindset

The Five STEPS to a winning mindset: What sport can teach you about great leadership Ringside in San Remo, Milan, 1996. WBC World super middleweight title fight.

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Yale SOM's Heidi Brooks, an expert on leadership and a passionate amateur athlete, has been watching the Winter Olympics and reflecting on what it takes to succeed at the highest levels in sports. We asked her what business leaders can learn from top athletes. Although I am not an Olympic ...

12 Signs You Have the Mindset to Be a Great Leader

Great leadership means making yourself into a great listener and encouraging others to share their thoughts. 4. Openness. Great leaders are open—to people, ideas and opportunities. If you allow people to come to you with their thoughts and ideas and visions and you listen and you take it all to heart, you have the right mindset for great leadership. 5. Empathy

Strong Leadership Starts with Your Mindset | Psychology Today

Effective leadership comes from what you think, feel, and do. I define mindset as the attitudes, beliefs, and expectations you hold that act as the foundation of who you are, how you lead, and the ways in which you interact with your team. Your mindset is so influential because it determines how you think about and interpret situations,...