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## Creating Powerful Support

In our Leadership Series (What Are You Communicating in this Relationship Economy,) our focus was *Navigating Through (not around) Stressful Situations*. One of the most effective approaches to *navigating through* is **creating powerful support**. It's interesting to observe how many leaders forget how to do this or are fearful of doing this because they've convinced themselves that they have everything under control and don't need any help. I agree that they don't necessarily "need" any help. At the same time, the most powerful leaders know how essential this is to their success and the success of their teams and organizations. Here are a few reminders and new ideas (for some of you) on creating and leveraging powerful support:

**Show Up.** Surround yourself with other thought leaders—including those that **don't think like you**. How often are you taking and making the opportunities to share your current challenges with people you respect and trust? This is where you will gain additional perspectives and fresh ideas. Someone may have already "been there, done that" and can warn you of potential pitfalls and payoffs.

**Speak Up.** When you're putting a challenge on the table for discussion, succinctly share enough context and detail to give your friend/colleague something to work with. Have the courage to be honest about what you've done and not done, what you're concerned about and where your fears are. (You can do this professionally and responsibly without sounding like a victim or complainer.) After sharing, ask, "**What do you see?**" This creates safety for them to speak from their point of view. Plus, it reminds you that they are simply sharing what they see; they're not judging you.

**Shut Up.** After giving concise description and details, respect the other person's time and shut up long enough for them to help you! It's aggravating when someone wants help and then goes on and on and on with their story without **creating the space to listen**. (Am I'm the only one who is frustrated by this?) When your friend/colleague begins to tell you what she sees and what ideas could work, shut up! Even more frustrating to me is when I begin to share my observations or ideas and the person goes on and on and on (again!) with excuses, justifications and even more stories. Take some notes and take a drink of your coffee to keep yourself occupied so you can just listen and process what this person is trying to tell you.

**Show Some Gratitude.**

**Share Your Story.**

**Where/when have you successfully navigated through a stressful situation?**

I'd like to hear your story,  
Coach Cathy



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**Cathy Maday is the founder of Wingspan Coaching Corporation, which specializes in providing powerful tools to senior leaders who want more success and satisfaction for themselves and their teams. Visit our website at [www.wingspancoaching.com](http://www.wingspancoaching.com) for more information.**

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