

# The Mentor Minute

Canada's leading consultants share their favourite tips and techniques.

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## Rebellious Leadership

with Sara Thompson ACPC, PCC, Executive Coach

People often ask me why I call my business “Rebellious Leadership.” My answer is that it comes from my absolute belief that leaders need to come out from behind themselves to think, plan and act differently if they want to impact change in an increasingly complex world. What do I mean by think, plan and act differently?

### Think Differently

When challenges come up either personally or professionally, take time to really think carefully about possibilities. Here are some questions you can ask yourself:

- What am I not seeing here?
- What am I avoiding?
- What is the most courageous thing I could do here?
- What are my beliefs about this situation?
- What might some other ways of looking at this be?
- What is possible?

### Plan Differently

When planning from a place of “rebellious leadership” focus as much on **who** you want to be as on **what** you are going to do. Not only do you set goals based on tried and true methods, but define a plan for **who** you want to be as a leader. Think about great leaders you have observed in your life. Great leaders have a power of presence that allows them to impact many people by virtue of **whom** they are as much as by **what** they do.

### Act differently

Be courageous. Learn about your values and act from your values rather than what others tell you about what you should or should not do. When I say “rebellious leadership” it means acting courageously for positive change. Rather than hiding or taking the easy route, stand up for what you believe in. Here are some questions to help guide you:

- How do I know when I am at my best?
- How would I describe myself when I am acting from a place of strength?
- How do I tap into my strengths?
- What can I do to take a leadership role in my life?
- What do I do when I am courageous?
- What will I do to be a courageous leader?

Rebellious Leadership is a pathway to positive impact and change in the way we live and work together.

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