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Leadership: Time to Take a Breath

Mike Freel, PhD
Director, MHA Program
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During times of crisis, uncertainty and disruption,
leadership **matters more!**



COVID = Volatility

**Remote work might not be an option for
you.**

Remote leadership isn't, either.

The Statistics

73% of leaders struggle to adapt

36% lack the ability to empower teams

31% lack the empathy to impact motivation and performance

81% expect to be negatively impacted

How do we regain a sense of control?

Keys to Leading During Change

Be **ADAPTABLE**

Learn to **TRUDGE** through the **MUCK**

Be **TACTICAL** – but not for too long

Find the **JOY** and the **PAIN**

You have a **LIFE** outside of the **OFFICE!**

Skills for Leading During Change



Skills for Leading During Change

EMPATHY.

Stay in touch.

Ask questions.

Empower people.

Don't wear someone else's hat.

Leadership is personal.

Set the right **DIRECTION.**

Take care of your **TEAM.**

Take care of **YOURSELF.**

Set the right **DIRECTION**.

Plan and **EXECUTE!**

Be **TACTICAL**, for a while.

Take care of your **TEAM**.

NEEDS.

A **UNIQUE** leadership style.

Take care of your **YOURSELF.**

Are **YOU** okay?

VENT. CONNECT.

RECHARGE. GIVE GIFTS.

What can you **GIVE?**

Skills for **LEADING** During **CHANGE**

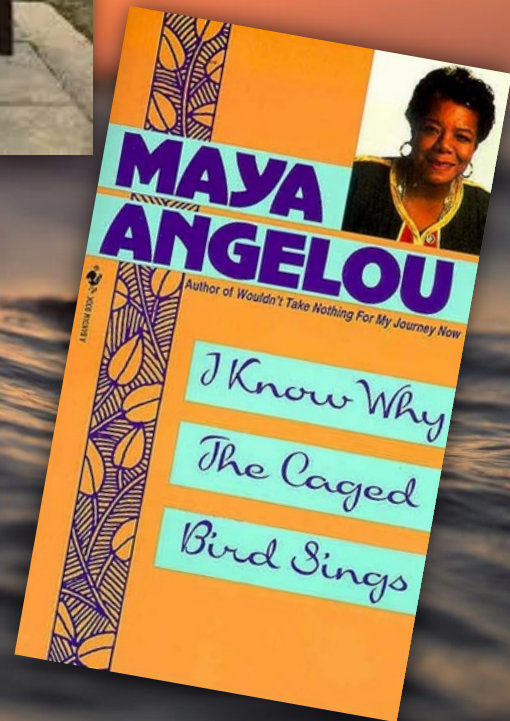
Build your own
Leadership and that of **Others**

Emotional Intelligence

There is a direct link between

thoughts and **feelings**

CHOOSE
YOUR MOOD



Real learning
for Real LIFE



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Understanding Emotions



If two emotions persist long enough, they may change into another emotion.

- **Anger and Frustration**
- **Happiness and Anticipation**



53%

of employees express this
emotion at work

Fear

Disgust

Surprise

Anger

Joy

Acceptance

Interest

Sadness

19%

of employees feel this

emotion at work

Fear

Joy

Disgust

Acceptance

Surprise

Interest

Anger

Sadness





It's important to control emotions at work.

Decisions must be made logically and rationally.

Employees must put their emotions aside.

Overly emotional employees don't fit well in the workplace.



Emotional awareness is less important than logical thinking.

Expressing feelings should be limited.

Participative Leadership

- **Work-Life Balance**
- **Composure**
- **Building and Mending Relationships**
- **Decisiveness**
- **Confronting Problem Employees**
- **Change Management**

Center for Creative Leadership

take a **breath**





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Email: Mike.Freel@bellevue.edu