

# WANTED: NEW AGE LEADERS



top class leader?

## ■ EFFECTS OF LOW SELF-ESTEEM

**Q**: You seem to talk a lot and place so much importance on self-esteem. I am very curious to know more about it. I am not sure whether I have such issues with self-esteem and whether mine is high or low. So please share with us on this; what is it, why is it important and what can we do about it?

**Careful & Cautious**

**A**: In simple terms, how you see yourself and your own self-worth relating to your rights and capabilities will tell you whether you have issues on self-esteem or not. Personally, I feel everyone has self-esteem issues, including me. There are times in our lives where we doubt ourselves in our ability to face and overcome certain life and work challenges. I can never say that I have been able to walk tall all the times in my life. However, the most important thing to note is to be always aware of it and not allow it to take a dip to "danger point" as

you will doubt yourself in almost everything you do. You then become "immobilised" and "victimised" and that will stop you from doing the things you really want in your life.

**The Bottom Line:** Change negative opinion and interpretation about yourself in relation to your past and present experiences. Remember it is your mind that decides who you are and what you do. A 10-second job can do wonders to remove years of habits

**Powerful Questions:** What is your own view about yourself? Is this view positive or negative? What are the effects of this? How can you change this to an even more positive one? What exactly are you going to say to yourself now relating to specific people, events and situations?

## ■ SILENCE IS DIAMOND

**Q**: People say that I am a talkative manager who talk many times than others in most situations. Although I have never

taken note of that, I must say that I really enjoy talking and socialising. After all, I am a PR Director and I want to believe that it is because of this nature that I got this job and doing fine as well. I can't imagine that I can recede to the background of my company's affairs when I am required to represent the company in so many events and meeting people from all over the world on their behalf. Do you think this will happen to me if I change this outlook? Is there anything to gain from being less talkative if this is true of me?

**Chatterbox**

**A**: Of course, if being talkative only means that you are sociable, then you should not stop doing this. The downside of talking too much is you weaken your own self-awareness and your observation of people and events around you; besides coming across as arrogant and boastful to some. To me, one of the biggest "trade off" you will have to make is losing your ability to give others space by being silent at times. When we give space for people to think, reflect or even gain some peaceful moments, we not only give them respect, but we actually enable them to create greater moments for their well-being. By this I mean that great ideas and solutions are definitely from people as a result of deep reflection and deliberation during moments of silence and quietness. Even for yourself, you need to give yourself space to do the same. A busy and cluttered mind is both disturbing and distracting.

**The Bottom Line:** When you observe people well, you will inevitably look at their eyes. If these eyes tell you they are thinking, give them the space for silence.

**Powerful Questions:** In a conversation, what is the percentage of time you spend talking compared to the other person? What can you do to give the other person more "air" time? What will tell you that you are talking too much? How can you use your "silence" to build even greater relationship with people?

*\* Dr Michael Heah is an ICF Certified Professional Coach. Check out his Empowerment Coaching programme on July 18-19. Call 03-2070 9988 or login to [www.corporate-coachacademy.com](http://www.corporate-coachacademy.com) for details.*