

ENDURANCE LEADERSHIP

LEADING FOR THE LONG HAUL

JERRITT JOHNSTON, TRUE NORTH ADVENTURES

ENDURANCE LEADERSHIP

Only those who risk going too far can possibly find out how far one can go.

T.S. Elliot



ENDURANCE LEADERSHIP

Endurance Leadership is an approach that promotes long-term, sustainable impact, while valuing the individual and their need for growth and balance.

SOCIAL MEDIA

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DEFINITION

Leadership can be defined as the ability to influence and support others in a positive manner for a common goal. Leadership is a set of skills and attitudes that can be learned and developed to influence the actions of others.

Lisa Lauxman, Ph.D

ENDURANCE LEADERSHIP

- Set challenging, meaningful goals
- **The total of your experiences have prepared you for this moment**
- Train specifically for the challenges ahead
- **Knowledge of self and reflection is essential**
- Seek Balance

ENDURANCE LEADERSHIP

- Value and support others
- Be intentional
- **Plan precisely, but be flexible**
- Once you act, keep moving forward
- **Find beauty in your surroundings**

EVERYTHING YOU'VE DONE...

- Find someone whose card shares an image with yours
- Your biography through geography—Where have you been?
- How has that biography impacted who you are?

VALUE AND SUPPORT OTHERS

"When people just think about giving, the body doles out feel-good chemicals such as dopamine, which has a soothing effect, and possibly serotonin, one of the brain chemicals we treat depression with. They feel joy and delight"

Stephen G. Post

PLAN PRECISELY, BUT BE FLEXIBLE

A plan is a memory of the future.

Laurence Gonzales—*Deep Survival*

ONCE YOU ACT, KEEP MOVING



- I walk slowly, but I never walk backwards.

FIND BEAUTY



FIND BEAUTY



True North Adventures, 2013

A QUICK REFLECTION

- Where are you?
- Where do you want to go?
- How are you going to get there?

TAKING ACTION

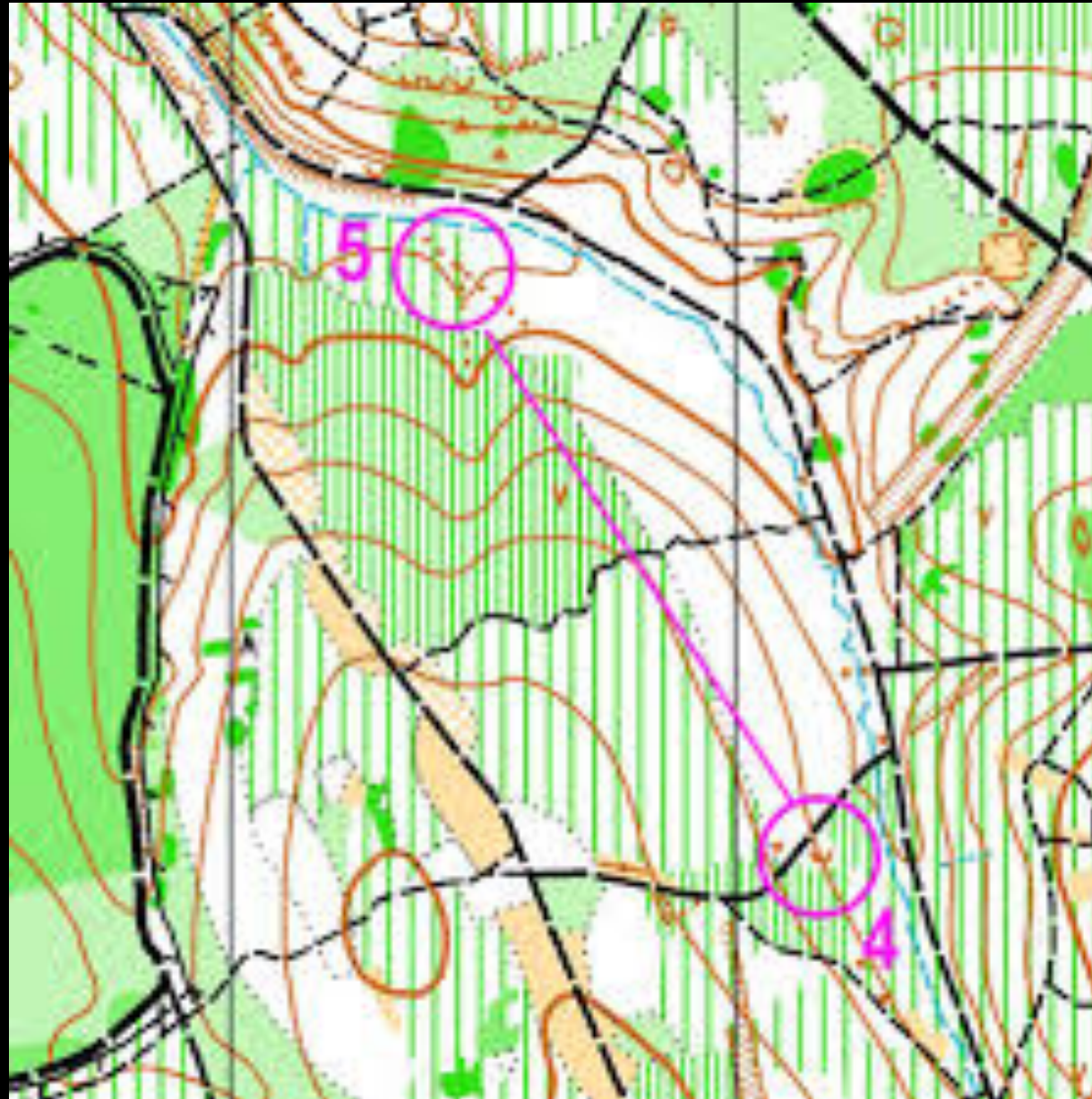
We spend a lot of time teaching leaders what to do. We don't spend enough time teaching leaders what to stop."

Peter Drucker

HANDRAIL



CATCHING FEATURE



ENDURANCE LEADERSHIP

CELEBRATE SUCCESS

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THANK YOU!