

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



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# 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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# CONTACT ME

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THANK YOU!