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
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
**ENDURANCE LEADERSHIP**

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Jerritt Johnston
www.truenorthadventures.us
jerritt@truenorthadventures.us
218 673 0603 or 612 251 0937
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Instagram: TrueNorthAdventures
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THANK YOU!