

Lead Like a Lasso-Book Series

Lasso's rules about what good leadership is/looks like:

- Leadership is life:
 - o this doesn't just apply to work, it's in all aspects of life
- Don't be a seagull:
 - o Don't leave your mess for someone else to clean up
- Get Naked (vulnerable):
 - o A book that Ted Lasso referred to. When leaders show vulnerability, it builds trust and psychological safety.
 - o Be transparent, it removes barriers.
- Onward, forward:
 - o Mistakes are going to happen. Learn from them and move on.
 - o "Be a goldfish (they have a 10 second memory)".
 - o Don't forget about your mistakes, but use the experience to learn from.
- Leadership is earned, not given:
 - o "leadership is not about being in charge, it's about taking care of those in your charge." (Simon Sinek)
 - o Care, respect, and trust for the people you lead.
 - o Be what your people need to be successful.
- Defeat the blank page:
 - o Start with nothing
 - o Brainstorm.
 - o Don't be afraid to try new things.
- Kill 'em with Kindness:
 - o Don't take kindness for weakness
 - o Remember to lead with compassion *and* empathy
 - o Stay positive, show your team that you want the best for them
- Don't let perfect be the enemy of good:
 - o No *person* is perfect.
 - o Accept your personal flaws, and be self aware
- Conquer your fears:
 - o Just because it happened before, doesn't mean it will happen again
 - o Creating a vision board
 - o Investing time and intention
- Manifest it:
 - o Build it, and it will come
- Make business fun:
 - o *What makes it a dream job?*
 - o Keep the rules and boundaries in line, but find the joy.
 - o Change what you can
 - o Realize your impact (on yourself and others)

Characters with Influence

- Optimistic Achiever: Unwavering positivity
- Tough-love Mentor: Accountability
- Supportive Collaborator: Team player
- Innovator/Visionary: The 'ideas guy'
- Positive Guru: Visible, frontline leader

Mission, Vision, Purpose

- Core values: Guiding principles, foundation of the culture

Emotional Intelligence

- Vulnerability
- Empathy
- Communication

Building emotional intelligence:

- Mentoring/coaching
- Continuous learning
- Training/workshops
- Books/podcasts/media
- Meditation/mindfulness
- Volunteering/donation/compassion
- Building genuine relationships, thoughtful connection

Be Unstoppable: Be happy, be kind, nurture.

Shared in chat

Women in Defense Gala:

<https://winter2025widgala.rsvpify.com/?securityToken=Q05Mq11AmL0CfvXHAI42GrL0l2M4Uuv>

Feb 18th: Meredith Kyle's workshop on Networking Tips (in NEO room, 3rd floor bldg. 221)