



## Dr. Miranda's Life Coaching Services Monthly Newsletter

August Edition

In the month of July, Dr. Sophia R. Miranda, Leadership Expert and Coach hosted 1-hour "Ask your Coach" sessions where she shared her wisdom on several topics. Since there was an overwhelming request to add some of the topics to the newsletter, Dr. Miranda agreed to add snapshots each month of each topic for all to enjoy. For the month of August, the topic to be discussed is "Leadership"



## Leadership

Leadership in itself is defined as “the action of leading a group of people or an organization.” Yet, this definition does not clearly define leadership because there are many components that make up leadership including communication, influence, mentorship, responsibility, motivation, support, ethics, decision making, contribution, vision, teamwork, and management. In order for individuals to become great leaders they must understand these components.

**Communication**-Leaders understand that communication has more to do with the connection made with their listeners than it has to do with the words coming out of their mouth. Therefore, leaders take their time, listening to their followers to find common ground. Once this is achieved they are better able to convey their message in a simple and clear manner.

**Influence**-Influence has nothing to do with your position in a company or organization. In fact, anyone can have influence on someone else because influence is the ability to personally affect others’ actions, decisions, opinions or thinking. Having influence only occurs when followers feel as though a person or leader can be trusted. John Maxwell noted that “Leadership is influence, nothing more, nothing less” and this is true.

**Mentorship**-Building a relationship with followers is key in leadership.

Becoming a mentor to followers allows the leader to teach others in his or her area of expertise but it also allows the leader to learn about each followers and guide him or her in the right direction for success.

**Responsibility**-Leaders understand that every action that a leader takes can greatly influence the outcome of their success, therefore, they accept full responsibility for the performance of their followers. In addition, leaders are not afraid to accept criticism for mistakes or take steps to address concerns and make amends with those who have been inconvenienced.

**Motivation** - Motivation is a crucial element in setting and attaining personal and organizational goals. Therefore, through relationship building with followers, leaders learn their wants and needs. They use this information to better encourage these individuals which helps their followers to become motivated in their task. This in turn develops highly effective individuals.

**Support** - Leaders understand that lending support is important in leadership for followers who may be struggling with a task. Though leaders communicate their expectations and directions while ensuring that it was clearly defined and understood. Leaders do not simply assign tasks and then receive the results. Instead, if a follower is struggling the leader works through the tasks with the follower to improve skills and talent.

**Ethics**- Leaders know what they value. They also recognize the importance of ethical behavior. The best leaders exhibit both their values and their ethics in their leadership style and actions. Leadership ethics and values should be visible because the leader exhibits them in all actions. By demonstrating this through action, it visibly will create trust between the leader and followers.

**Decision-**Leaders understand how to balance emotion with reason and make decisions that positively impact themselves, their followers and their organizations.

**Contribution-** Leaders think about their contribution to their followers. They reflect on how their leadership is making a difference to their followers, organizations and community. Leaders recognize by asking “how their leadership is making a difference” helps them understand how their own actions have contributed to followers and their organization, whether good or bad.

**Vision-** Effective leaders define a vision and build followers' commitment to it.

**Teamwork** - Leaders understand that teamwork consist of collaboration from their followers and allow their followers to be heard.

**Management-** Leaders understand that leadership refers to an individual's ability to influence, motivate, and enable others to contribute toward organizational success. Influence and inspiration separate leaders from managers, not power and control.

Each components that makes up leadership is very important and is easily executed by a successful leader. However, if you find yourself struggling with any one of these components, it does not mean you will never become a successful leader. Leadership is teachable. All you have to be is willing to learn!



## **Life and Leadership Coaching**

**Dr. Miranda's coaching involves the ability to understand you: to think how you think, and understand your perspective. From this benchmark, she will place another perspective on top of yours – stretching and growing you to gently see a more empowering way. As a certified John Maxwell coach, Dr. Miranda can see what you are going through now and what is up ahead. Coaching is foreseeing, paving the way, coming alongside you while helping you achieve goals and overcome limiting paradigms.**

**One way to start on your journey to becoming a better vision of yourself is by getting a coach! So what are you waiting for?**

**Contact Dr. Miranda today for more information on how to get started!**

**980-221-9607**

**[sophiamiranda@johnmaxwellgroup.com](mailto:sophiamiranda@johnmaxwellgroup.com)**





## A Message from Dr. Miranda

I believe that creating balance between the demands in your work and family life is not always easy. When you work with me, you will develop a structured and practical plan to avoid becoming overwhelmed and over stressed.

Therefore, I have developed a purposeful and transformational technique that results in you attaining your goals, whether the goal is for personal growth or leadership development. Through this journey we will work together in a confidential and supportive environment.

People have described me as “a woman of strategic planning and who communicates with great wisdom.” My philosophy is simple: I believe there is a leader inside each person, no matter what their role is in the workforce or in their home life. The real question is not "are you a leader?" The real questions are: Do you have influence in order to be effective and are you willing to grow?

If you answered yes to both questions and are willing to transform your life, let's get started today.

I am looking forward to taking a journey with you towards a life of intentionally living, and choosing to live a significant life that matters.

~Dr. Miranda

Contact Dr. Miranda at:

\*980-221-9607\*

[sophiamiranda@johnmaxwellgroup.com](mailto:sophiamiranda@johnmaxwellgroup.com)

or

Visit: [www.johnmaxwellgroup.com/sophiamiranda](http://www.johnmaxwellgroup.com/sophiamiranda)