

The World needs less Super Heroes and more authentic leaders

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Waking up in a cold sweat

Leaders, admit it, we've all done it. We've all found ourselves waking up in the middle of the night in a cold sweat, wondering when someone is going to realise that we don't know what we're doing.

After all, we are meant to be the experts, the leaders, those who know the direction in which we should be going.

And yet we find thoughts of inadequacy, insecurity, and to be honest, blatant fear, keeping us awake at night.

Sometimes the burden of responsibility can be so great that it just burns into us and leaves us feeling overwhelmed and confused.

Most of the time, of course, it's ok. It's ok because we manage to muster enough courage and strength to get back up off the floor, or the bed, and walk back into the workplace.

Because we are meant to be courageous and strong – right? We are meant to be those who know where we are going and are really secure in ourselves and able to articulate clearly the direction of travel

and able to take other people with us on the journey. Aren't we ?

We are the Super Heroes who are going to save the day!



