



Calm and Composed

What would it take for your team to use those words when describing you?

Amid the uncertainty, great leaders remain calm and composed.

But that doesn't just happen. It's about planning, foresight, and a vision beyond the immediate future. It's about having enough sleep, resilience and your manager's support. In truth, it's about a hundred and one things, and each is slightly different depending on the individual.

Take some time to reflect on what you need to get there, and then take some steps in the weeks ahead to go after it. It'll make a world of difference.