



Key Take-Aways

#1 – Leadership is an art, your biology provides the science.

#2 – Build an organization with people as priority #1.

#3 – Job stability is a myth. The leader knows this.

#4 – Goals must be tangible. Make them so.

#5 – Give your people something to believe in and they will move mountains.

#6 – Leaders eat last because other's come first...always.

"Leadership comes from telling us not what we want to hear, but what we need to hear."

~ Simon Sinek

Why Leaders Eat Last: *Why Some Teams Pull Together and Others Don't*

Simon Sinek

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As a veteran, many of my fondest memories come from the most adverse episodes. From the Middle East, or Africa, or freezing in the middle of January in Hungary; each holds a special place in my mind because of the people I was with. We were in it together and knew that anyone in our group would help another if needed. Is this the case in our organizations today? If not, how can it be? That's what this book is about.

An Exceptional Organization.

So what is it? It's one where the leader provides cover from above while the people on the ground look out for each other. When this combo occurs, people are willing to push hard

"Human beings have thrived for 50,000 years not because we are driven to serve ourselves, but because we are inspired to serve others." ~ Simon Sinek

and take risks because they know they are safe and if anything happens, they have the support to be brought to safety.

Circle of Safety. It all starts with you as the leader providing protection to your people from outside, and inside, threats. This doesn't have to result in the threat being mitigated; the very act of taking steps to protect your people make them feel protected and hence, frees

them to focus time/energy on creative endeavors.

It's In Your Biology.

Practicing the art of leadership will benefit from understanding the science of our biology. It's all about the chemicals and hormones we're wired to produce – E.D.S.O.:

Endorphins: helps us muscle through work

Dopamine: helps us set goals and get things done

Serotonin: makes us feel pride when we make our leaders proud

Oxytocin: helps us build bonds of trust, love, and makes us better problem solvers

Bottom Line: Leadership isn't reserved for the few at the top. It's the responsibility of anyone who belongs to a group. Those with rank have the ability to scale, to reach a greater audience for certain. However, each of us plays a part in ensuring the Circle of Safety around our organization stays strong and that we have each other's back. When a leader achieves this in their organization, excellence is not far behind.