

## **Week 2 Discussion**

### **NR703 Transformative Leader Presence**

**Understanding that the leadership characteristics you discovered in Week 1 are different competencies than management skills, describe how you might accomplish the following:**

- 1. Engage the project team through leadership competencies.**
- 2. Use mindfulness as a component of emotional intelligence to lead the project team.**
- 3. Influence an environment that will sustain the practice change.**

As we discussed in week one, leadership and management are intertwined yet distinct concepts. When leading a team, certain competencies and skills are needed to achieve the shared vision or goal of the project. These skills include creativity, delegation, active listening, problem-solving, and critical thinking. Ultimately, the leader is deemed successful if they can inspire the other team members to buy into the project and believe in the benefit of the outcome or achievement of the group's shared goal. One major competency that all good, influential leaders have in common is their ability to communicate. They can efficiently communicate ideas, direction, and inspiration. They can also communicate verbally and non-verbally with team members while adapting their communication style when necessary to convey information and direction that pushes the team in the correct direction. From an organizational standpoint, training and supporting leaders who motivate, strengthen, and connect with their subordinates significantly improves employee motivation and involvement. This ultimately helps employees and leaders feel a sense of pride, unison, and fulfillment when they pursue and reach common goals (Mazzetti & Schaufeli, 2022).

According to Mubarak et al. (2022), the defining characteristic of mindfulness is the ability to remain present in any given situation while displaying complete concentration and an astute awareness of the said situation. With this description in mind, it is evident that incorporating mindfulness as a component of emotional intelligence as a team leader is crucial. Not only does practicing mindfulness allow the leader to keep themselves and their team members on task, but it also allows them to remain cognizant of any issues that may hinder the team's success. In addition, practicing mindfulness and emotional intelligence allows the leader to form strong bonds with team members. This strengthens the team's relationship and increases the chance of completing the project and meeting goals. It can also reduce the stress that comes along with projects, such as unforeseen challenges, time constraints, etc. Practicing mindfulness and emotional intelligence instills trust and confidence in the team leader because the members know they are supported and valued.