

# STEP UP YOUR LEADERSHIP

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**5 Steps to Becoming a  
More Empowered Leader**

**By Glenn Taylor**



**SKYBOUND**

**COACHING  
& TRAINING**

# STEP UP YOUR LEADERSHIP

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## ABOUT GLENN

Hi, I'm Glenn Taylor, and I'm passionate about helping you release your full potential. *Dare to fly higher!*

I can help you strengthen your leadership, get that dream job or much-needed promotion, change your career direction, or bring your team to the next level of performance.

I grew up loving music, dance, art and magic, captivated by the power of creativity and live performance. When I started my career in marketing at one of the nation's top symphony orchestras, I didn't know I would end up developing a passion for helping others to perform — not in the arts, but as leaders and teams.

After a successful 11-year tenure at the Houston Symphony, during which I advanced from Marketing Assistant to Chief Marketing Officer, I decided to turn my experiences in marketing, leadership, management and teams into a career in coaching, teaching and training others.

That's when I started Skybound Coaching & Training, and became focused on providing you with tangible ways to strengthen your leadership, career and team. I have my Master's of Science in Organization Development and Leadership, and am a certified coach through the International Coach Federation (ICF).

I am also an accomplished jazz pianist. In my free time, I enjoy volunteering, swing dancing and performing an occasional magic trick.

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# 00 INTRODUCTION

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# ARE YOU READY TO STEP UP YOUR LEADERSHIP?

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**This book is an invitation. And it's an invitation that could mean transformational change in your life.**

It's not that you're not already accomplished, successful or magnificent. It's that I believe there's always more—to be opened-up, claimed, owned and shared. There's more that becomes available when you lead at the intersection of clarity, purpose, power and play.

The goal of this book is to explore that intersection. It's an intersection that's seemingly illusive and hard to orchestrate. That's why it's even more important and exciting to explore. I invite you into a process to do just that. It's a process of self-awareness building, reflection, calibration and bold action. Each section of this book examines one of five steps within the process, and provides you with focus questions and action items so you can reflect and then get into motion.

## **The Status Quo, Comfort Zones & Ruts:**

What I know pretty definitively about human beings is that we like comfort zones. Even the most ambitious of us have to push against the urge to stay in a status quo state. Why? It's because our natural instincts are trying to protect us from danger and uncertainty. It's how we're wired. And don't get me wrong; I agree that it can be a nice place to stay!

However, as one of my favorite quotes says: "A comfort zone is a beautiful place, but nothing ever grows there." The problem is that status quo states inevitably turn into ruts.

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—Unknown

You've probably had the experience of feeling stuck in a rut. What's it like? There's less energy and motivation there. The view from a rut is narrower, making it harder to see what's possible. You're more tired. You're less confident. You're not engaging your full self. Another thing about ruts is that they can happen in one part of your life while other parts are fully engaged and expanding.

**Question:** What part of your life, if any, is in a rut right now?

## What's Limiting You?

In addition to comfort zones and ruts, there are other factors that limit your potential:

### Life is Busy:

How many times lately have you answered the question of “How are you doing?” with “Busy!”? Technology is changing how we all communicate. How? Among other things, it's ever increasing the pressure to connect and respond to more people in more ways. This intense pace can put you in a state of overwhelm. As a result, it's harder to make space to clarify what you stand for, honor what's most important and see where you're headed.

### Fear:

This is probably the single biggest culprit of limitation. It's not only tied into keeping you in the status quo, but it keeps you small. Fear prevents us from being vulnerable and sharing all we have to offer with those around us. Fear of failure. Fear of loss. Fear of rejection. What would be possible without fear?

### Expectations:

Whether perceived or real, the pressure you feel from the expectations of others, and yourself, can be a significant dampener of potential. Expectations are stories that someone else tries to write for you. Or, often, your own internal fear voices are writing them. Either way, they are a lot less interesting, exciting, impactful and triumphant than the real ones that unfold when you allow your full self to lead.

### “Be Realistic”:

The need to “be realistic” is often taken to an extreme that hinders your ability to envision a bigger life for yourself. The dreamer, actor, producer and musician Will Smith wisely said, “Being realistic is the most commonly travelled road to mediocrity.” If the Wright Brothers had been realistic, they might never have been the first to discover flight. There are countless other examples of inventors,

**“Being realistic is the most commonly travelled road to mediocrity.”**

—Will Smith

pioneers, scientists, theorists and explorers who pushed beyond what was considered “realistic.”

### Environmental Influences:


We're all a product of our environment and experiences. These inputs create powerful filters that color how we hear, see and understand others and ourselves. Becoming more aware of these influences can help you choose which ones are empowering and which ones are unnecessarily limiting. Otherwise, you'll believe all of it.

## What Does It Mean to Step Up Your Leadership?

Taking your leadership to the next level involves having a clear sense of self, connecting with your purpose, owning your own power, and acting boldly.

This process starts with deep self-awareness and actualization. Strong leaders aren't held back or limited by a lack of clarity about their own values, strengths and core qualities. They have also worked consciously to reveal their own blind spots and limitations, acknowledging them without self-criticism.

Leaders are also connected to a resonant purpose and vision. They're driven by the desire to make a positive impact through the activation of their unique gifts and passions.

Finally, the best leaders are empowered — able to act boldly, accepting and owning their power to influence others, and free to fully create the action they've envisioned. 

## REFLECT & ACT

### What Do You Want? — Set an Intention

The fact that you're reading this book means that you likely want something. Perhaps you're a seeker, curious for new insights and knowledge. Maybe you want to create new momentum or reach new heights personally or professionally. You may have realized that some aspect of your life is in a rut. Or, maybe your gut is calling out for deeper fulfillment and self-expression, but you haven't known how to name it.

Regardless of the reason, I'd like you to stop and attempt to define it. Pinpoint a desire and an intention. What do you hope to get out of reading this book? What change or action do you want to create? Take a moment to write it down. This will focus your thinking and actions as you travel through the five steps that follow in the subsequent sections.