

LORE OF LEADERSHIP

*A Systems Approach to
Leading Yourself & Others*



IAN RHEEDER

Foreword by Prof. David Castle

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David Castle is Professor of Psychiatry at The University of Melbourne, Australia. He is also the Chair of Psychiatry at St Vincent's Hospital, Melbourne.

Beautifully referenced, Ian draws on the *practical knowledge and wisdom of hundreds of books and white papers* to answer the central theme: 'What makes individuals and leaders successful?'

The notion that we live in a 'decaying society' is one that in many ways we, as humans, have to bear. Certainly many signs and signals point to a breakdown of the natural order of things, along with issues which stem from being associated with inequity of wealth distribution; added to a growing world population depleting natural resources and continuing to pollute the planet. In addition to this, there is exposure to a general moral vacuum, which, along with increasing idleness, feeds discontent and fuels unrest.

This self-empowering book takes these governance issues by the scruff of the neck, and firmly suggests that many of these *human ills can be wound back by the reinstatement of true leadership*: both on a grander societal scale, but more pointedly, at an individual level. But, more than this, it reaches across a massive breadth of modern thinking and knowledge, drawing strongly from business and corporate arenas, but linking these with societal theory and neurobiology. As a book on leadership, this fresh way of *systems thinking* is what separates this dynamic book from other leadership books on the shelf.

Leadership and the reinstatement of conscious direction in our lives will require persistent and concerted effort. It is a longitudinal journey with no short cuts. There are dangerous pitfalls if we try to follow what may seem to be easy solutions to complex problems. Individual greed needs to be subsumed into a broader 'spiritual' outlook, a journey which has shared elements for all humans, but which is also individualised such that each of us can set goals, own these and direct our energies towards realising them.

Much of the solution rests in integrity of leadership and redefining 'success' in a broader and more inclusive manner, with a view to society rather than simply to self. In addition, the importance of defining 'worthy ideals', which might vary from person to person but which come down to a 'virtuous circle': one with balanced goals and centred by self-esteem. Leadership will be about motivating, influencing and supporting the genesis and realisation of these goals. Ian's model of *think, feel and do*, but with *self-esteem* at the centre, is solid. *His TEC Leadership Model (Trust, Engagement and Competence) is stunningly simple, but most importantly, it is backed up utilising the objectivity of neuroscience.*

Whilst conceding that one has to 'act to achieve', there are important other matters that result in happiness and fulfilment: simply being consciously present in the moment, enjoying the "here and now", taking the time to stop, breathe in deeply, and simply smell the proverbial roses. *It is easy enough to set goals and achieve them: it is quite another to do this in a way that respects others and honours society in general.*

This book does us an enormous service in providing a guide to good effective leadership and life balance, but more than that it provides useful suggestions and tools to deliver this.

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