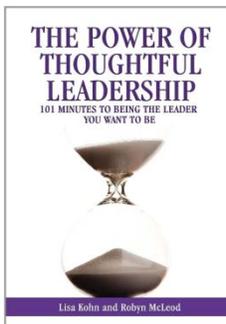


FWPMI Book Review by: Jill Brown

“The Power of Thoughtful Leadership: 101 Minutes to Being the Leader You Want to Be”
by Lisa Kohn and Robyn McLeod

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| Publisher: | Outskirts Press |
| Date of Publication: | November 3, 2011 |
| Number of pages: | 252 |
| Book Club rating: | 4.1 |



Description: This book consisted of a series of quotes to generate thoughts on how to become better leaders. There were 100 quotes spread across the eight general topic areas of:

Be Present – Recommends turning off electronic devices, having more one on one time, avoid multi-tasking, lessen distractions, and being kind.

Change and Grow – Encourages pushing yourself beyond your comfort zone, trying new things every day, develop new habits, recognize strengths, make improvements, stop swimming upstream, let things go, and address root cause.

Have Freedom to Fail – This focused on taking risks and face your fears, challenge teams to try new things, freedom to make mistakes so they can find their way to success.

Know Yourself – Encourages you to taking assessments and gathering feedback, finding what makes us happy, who we want to model ourselves after, and knowing we are our choices.

Communicate – Suggests to appropriately listen, ask questions, share opinions, be truthful, walk the halls, keep doors open, invite disagreement, and admit when we are wrong.

Appreciate – Supports the idea of showing gratitude, positive feedback, recognizing and praising others, treating others with respect, showing compassion and not judging others.

Take Action – Promotes the ideas of setting goals, focus on the vision, being decisive, empowering others, take responsibility for decisions we make, and learning from the past.

Care for Self – Importance of taking care of yourself by having fun, exercising, resting, eating well, spending time with those you love, get angry and get over it and staying hopeful.

Book Club Meeting Discussion: The general consensus was that the quotes were good and that there were many positive points to be made. Unfortunately there was not enough detail or recommendations to be very useful. The quotes, questions and actions to take were brief and easily forgotten. It is probably a good reference book if a person was having difficulty in a particular area. They could go to that chapter and read the various quotes and try to implement an action. Everyone thought the quote portion of the book was good. The chapters were short and you could easily get through it in the 101 minutes. All agreed that the topic depth was missing.

We also discussed how some of the subject areas did impact our lives. There were examples given about being present and how important it is to pay attention when someone is speaking in order to truly hear and communicate effectively. We discussed electronic devices and how they have impacted our ability to be present. We all think we can multi-task and be more effective.

Additional discussion surrounded the “Care for Self” section and how many of us had made changes in our lives as it relates to work and leadership. Many had already taken the advice by taking on a new job, career or retirement. We related how some of us had been consumed by work in the past and by making changes we had become much happier and less stressed.

Personal Comments: I did like the book but I really saw it as more of a reference book than a “how-to” book. I don’t believe it would help me become a better leader. I felt there were many life lessons that a person could glean in order to use it for everyday interactions with other people. Managing projects is about more than leadership. It is also about human interaction. I think this book did give some valuable tips on how to treat ourselves so that we are less stressed and on how to treat others in order to be a better person.

To me, leadership is about how to get things done through others. This book really did not tie that together with all their quotes. I will benefit from this book by trying to make self-improvement. The section on being present was a particular highlight. I recognize that I need to listen more attentively. I sometimes find myself thinking more about the next thing I want to say which means I’m not really being present with the person speaking to me. The book was also validation for my decisions to care for myself more and stop obsessing over work issues.