



# PERSONAL VILLAGE



## NEWSLETTER

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### Mircro-Leadership – Everyday Actions You Can Take

We live in changing times--from day to day, and sometimes from moment to moment. Whether we recognize it or not, we are all leaders in our daily lives--at work, at home, and in our communities. Sometimes we are called upon to lead by initiating, by taking action to organize a group or program, or implement a plan. Other times we are called upon to lead by example or suggestion, by offering our ideas and expressing our opinions, or by helping to resolve a conflict.

Whether we have volunteered to lead or simply found ourselves in a leadership position, each of us determines our own success. We can choose how much responsibility to take on and how much influence we want to have. How we present our ideas, delegate work and responsibility and treat other people also affect our ability to get the job done.

Great leaders encourage and empower people to achieve their goals. They inspire trust, communicate a clear purpose, create and maintain stability in the process or organization, and recognize the value and talent of others. By choosing to develop and use these qualities ourselves, we can be more effective.

We also can choose whether or not to lead at all. Leadership is an awesome responsibility. It is also an opportunity to serve others, to grow our relationships, to change ourselves and our world for the better. Recognize your everyday opportunities to lead, and challenge yourself to step up. Coach the local soccer team or organize a fundraising event. Be the first to congratulate a colleague or welcome a new neighbor. Offer to chair a committee, or host the monthly block watch meeting. By embracing the role of leader, you can make valuable and lasting contributions to your community.

#### Contemplation of the month:

**Leadership is intention put into action**

#### Personal Village Classes

##### Community Studies Class

This in-depth class is open to serious community building students. We meet in Seattle the second and third Thursday of every month with some additional all day Saturday sessions. Contact Marv if you are interested.

##### Marv is Available

Marv is available to create a community building class for any group. He can tailor it to meet your needs. Call him for more information

#### Personal Village Calendar

##### Dancing with Intimacy – Sexuality and Beyond: *A relationship enhancing event for couples*

With Jill Sipel, LICSW and

Marv Thomas, LICSW

Date to be announced in May or June

For more information on any of these events go to [personalvillage.com](http://personalvillage.com) or contact Marv directly at 206-364-9494 or [marv@marvthomas.com](mailto:marv@marvthomas.com)

Visit us Online at [personalvillage.com](http://personalvillage.com)