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# Leadership Insights

## The Power of Focus

Focus is one of the most powerful forces in achieving success, and the arena of sport provides many practical examples of individuals and teams who Focused on their goal and blocked out distractions in order to win...to achieve...to overcome...and to succeed.

### Leadership and Focus

Many leaders have attend conferences where a sports champion is the guest speaker and retells the story of their journey to success, which always includes a large degree of personal Focus demonstrated through unwavering resolve, diligence and commitment to the challenge, event or career.

Yet while leaders are inspired by sports champions, many struggle to apply Focus principles back into how they lead others and themselves, even though Focus may be spoken of or appear in corporate Values statements. Despite our knowledge and appreciation of the benefits of Focus there are two (2) key areas where leaders struggle to Focus: 1/ Leaders overload themselves and others with multiple tasks/projects which need the be simultaneously juggled but do not allow for any one task/project to be adequately Focused upon and

often resulting in under-performance issues....and 2/ Leaders may develop and move onto a new project before the current tasks/projects have been completed, therefore, further diluting the ability for them and others to dedicate the required Focus onto any task/project in order to achieve the required outcomes.

### Increasing Leadership Focus

There are 3 vital steps that can assist leaders to harness the power of Focus to drive success which are:

- 1. Time Frames**—ensure realistic timeframes for plans to be developed and executed comprehensively
- 2. Personality**—understand your personality-type and identify barriers and solutions to personal Focus issues
- 3. Culture**—develop a culture where Focus is practiced and rewarded for the benefits and outcomes it delivers

### Leadership Development:

Eastview specialises in equipping leaders with incisive strategies, behaviours and practical actions that assist them to Focus their efforts and commitment more effectively, to achieve increased performance and results.



## About Eastview

Eastview specialises in delivering incisive, strategic and results-changing Leadership Development Programs, Workshops, Coaching and Consulting to organisations throughout Australia which are:

- Individually Designed** - to address your specific challenges, opportunities and organisational requirements
- Strategically Planned** - to align with your strategies, competencies, performance measures and culture
- Incisive in Content** - using world-class resources, comprehensive content and extensive experience
- Results-Changing** - by focusing on practical application to drive change and improvement
- Excellent Value**

## Contact

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