



Lead You

Episode 29 Show Notes

Welcome to the Insurance Leadership Podcast, hosted by Ryan Eaton. Today's episode showcases Bobby Harrington, a renowned author and CEO of Rubicon COA. Harrington shares valuable insights on leadership, drawing from his diverse background in college football, the Marines, and years of corporate leadership in Fortune 500 companies. His latest book, *Lead You*, places a strong emphasis on the importance of self-leadership.

In personal experiences such as surviving in the Philippines and working with college athletes, Harrington illustrates how these diverse experiences contribute to personal growth as a leader. He emphasizes the power of practicing and refining skills through self-leadership while acknowledging that certain leadership traits are inherent.

Throughout the conversation, Harrington sheds light on the demanding nature of leadership and emphasizes the significant role that self-leadership plays in attaining success. However, we also explore the notion that not everyone is suited to lead others. Join us as we unravel the complexities of leadership and its impact on individuals and teams.

The Power of Self-Leadership

Leadership skills are essential for individuals aspiring to make a positive impact in their personal and professional lives. Harrington, a renowned leadership expert, emphasizes the significance of self-reflection and self-awareness in developing effective leadership abilities. This essay explores two crucial questions that individuals must ask themselves to assess their leadership skills: (1) Do you possess the grit to make disliked decisions? and (2) Are you willing to embrace self-awareness and the demands of self-leadership?

Grit and Making Disliked Decisions

One fundamental aspect of leadership is the ability to make difficult decisions, even in the face of opposition. Bobby suggests that possessing grit is a defining characteristic of successful leaders. Grit entails the determination and resilience to stand firm in one's convictions, even when faced with adversity. Effective leaders understand that making disliked decisions may be necessary for the greater good and long-term success of their team or organization. By demonstrating firmness and unwavering commitment to their values, leaders inspire confidence and trust in their followers.

Embracing Self-Awareness and Self-Leadership

Another vital aspect of leadership, as advocated by Bobby, is self-awareness. Leaders must possess a deep understanding of their strengths, weaknesses, and the impact they have on others. Self-awareness enables leaders to assess their actions, behavior, and communication style, ensuring they align with their intended message and goals. Additionally, effective leaders embrace self-leadership, which entails taking responsibility for personal growth, continuous learning, and self-improvement. By prioritizing self-awareness and self-leadership, leaders can create an environment of authenticity, trust, and personal development within their teams.

"Before you can effectively lead others, you must lead yourself." – Bobby Harrington

Factors of Self-Discipline

Self-discipline plays a crucial role in effective leadership, as it encompasses various traits and behaviors that contribute to personal and professional growth. Harrington, a renowned leader, emphasizes the significance of mastering self-discipline and highlights its challenging aspects. Bobby elaborates on the essential factors of self-discipline, focusing on the importance of emotional control and its impact on leadership success.

Emotional Control: The Cornerstone of Self-Discipline

Bobby asserts that emotional control is the primary factor of self-discipline for leaders. Maintaining composure in all situations is vital, as leaders are constantly under scrutiny by their subordinates, peers, and superiors. By demonstrating emotional stability, leaders inspire confidence, establish trust, and foster a positive work environment.

Importance of Bearing in Leadership

Harrington highlights the significance of maintaining one's bearing in diverse situations. Leaders must project a calm and composed demeanor regardless of the challenges they face. Losing one's bearing can result in missed opportunities and damaged relationships. In competitive business environments, a lack of emotional control can hinder progress and impede career advancement. Therefore, leaders must prioritize the regulation of their emotions and exhibit resilience in the face of adversity.

Significance of Self-Discipline in Daily Routine

Bobby emphasizes the importance of integrating self-discipline into one's daily routine. By consistently practicing self-discipline, leaders cultivate a strong work ethic and develop habits that propel them toward success. Engaging in activities that enhance self-discipline, such as setting goals, prioritizing tasks, and maintaining focus, enables leaders to continuously improve and refine their leadership capabilities. Self-discipline serves as the driving force behind sustained growth and achievement.

"Maintaining your bearings is crucial in every situation, as people are observing your actions." – Bobby Harrington

In Conclusion

Bobby Harrington's teachings highlight that developing leadership skills is a journey of self-discovery and growth. It requires individuals to reflect on their abilities and aspirations. The ability to make disliked decisions and demonstrate grit is essential for effective leadership. Moreover, embracing self-awareness and the demands of self-leadership allows leaders to foster personal growth and create an environment conducive to success. By continuously honing these skills, aspiring leaders can make a lasting impact and differentiate themselves as effective and influential leaders.

Self-discipline constitutes a critical aspect of effective leadership. Bobby Harrington emphasizes the significance of emotional control as a primary factor of self-discipline. By mastering emotional control, leaders can maintain their bearing in various situations, capitalize on opportunities, and cultivate a positive work environment. Integrating self-discipline into daily routines empowers leaders to continually enhance their skills and achieve long-term success. Therefore, aspiring leaders must recognize the importance of self-discipline and strive to develop and practice it consistently.

What's Next

But fear not, for the journey does not end here! I am thrilled to announce that next month, we will be publishing another exciting episode of the Insurance Leadership Podcast, featuring a fresh lineup of incredible guests from the insurance industry.

Get ready to be inspired once again as we bring you engaging conversations, thought-provoking discussions, and invaluable insights from some of the most influential leaders in the field. Our upcoming guests are visionaries, innovators, and change-makers who will share their expertise, experiences, and strategies for success.

So, mark your calendars, set those reminders, and get ready to tune in to the next episode of the Insurance Leadership Podcast. Subscribe to our podcast channel to stay updated with the latest episodes, insightful interviews, and valuable resources. Together, let's continue to elevate our leadership skills and drive positive change within the insurance industry.

Thank you for being a part of our podcast community, and be sure to visit us at www.insuranceleadershippodcast.com to join the conversation, access the show notes, and discover our fantastic bonus content.

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