

Three components of strong leadership

Leaders run a high risk of burnout as they move from one real-world challenge to the next.

Stay strong by realizing that you need to continually learn and grow in three key areas:

1. **Mindfulness.** Stay alert for new ideas, from other people and yourself. *One good way:* Keep a journal.
2. **Hope.** Keep envisioning—and talking about—a brighter future.
3. **Compassion.** Cultivate your ability to uncover people's personal goals and visions, in addition to their ideas.

—Adapted from *Resonant Leadership*, Richard Boyatzis and Annie McKee, Harvard Business School Press.