

PAPER: THE STAR (LEADERONOMICS)

DATE: 08 APRIL 2017

PAGE: 02

Out of suffering have emerged the strongest souls; the most massive characters are seared with scars
—Kahlil Gibran

TO thrive, we must first learn to survive.

At some point in our lives, we have either heard of – or even experienced for ourselves – successes that probably would never have come about if not for a critical life-changing event.

In such stories, we learn that it takes great willpower and courage for an individual to come to a decision that would ultimately alter the course of his or her life.

These are crucible moments – or powerful events in a person's life that make way for the transformation of self identity and purpose.

The traits that helped a person endure and triumph over a period of intense adversity could very well go on to become the values that allow an individual to persevere and reach greater heights.

Also, it is in these moments of intense pressure that an individual would likely reflect upon and rationalise the far-reaching implications of decisions that have been, and will be made.

So, how do we rise from a period of great suffering and pain? And more importantly, how do we derive lessons and learn from crucible moments?

This week, Bill George tells us how we can respond to our own negative crucible moments by transforming deep feelings of loss into opportunities for personal growth.

He brings up a finding by psychologist Abraham Maslow that revealed how tragedy and trauma serve as important human learning experiences



WHEN THE HARSHTEST MOMENTS HOLD THE GREATEST LESSONS

and shows how Post-Traumatic Growth empowers individuals to look at their crucibles and difficult experiences as growth opportunities.

Read his take on tough times on **Page 4**.

Growth that comes fresh from a crucible moment can be rapid and fuelled by the need to make a drastic change. However, when the need wears out, a new lull sets in.

On **Page 5**, Jeff Haden talks about the Middle Mile Syndrome, which is the stretch where leaders need to

overcome minor and major setbacks, deal with long-term fatigue and avoid burning out.

He gives eight practical ways to master the “middle mile” and keep the momentum going, even when the excitement has worn off.

Crucible moments in one's life need not always be a negative or damaging experience; deeply challenging experiences brought on by mentorship and second chances could also serve as strong catalysts for change.

Leaderonomer Matt Naylor reveals

his personal crucible moment, which came in the form of a prank gone wrong on an editor, who chose to use a negative situation to teach, rather than punish. Flip to **Page 10** for his story.

We hope this week's issue opens up new perspectives into the defining moments in your lives. If you have a compelling story you'd like to share, write to us at editor@leaderonomics.com. We'd love to hear from you.

Lydia Gomez
Editor

“ You may encounter many defeats, but you must not be defeated. Please remember that your difficulties do not define you. They simply strengthen your ability to overcome.” — Maya Angelou

QUOTES

