

The E-Factor

Progressive Synergy Coaching & Consulting Group

Volume 8

Catabolic vs. Anabolic Leadership

What Kind of Leader Do You Want to Be?



iPEC defines leadership as the ability to inspire and motivate others, as well as yourself, to take life-changing action to create extraordinary results

workplace or at home, great leaders build relationships, teams, families, and businesses. Catabolic energy, on the other hand, is destructive, and catabolic leaders destroy and break down everything around them.

In the next few issues of the E-Factor newsletter, we'll take a look at the characteristics of anabolic and catabolic leaders to show

Each and every one of us is a leader.

that last.

According to iPEC's definition, each and every one of us is a leader. How well you lead depends on your level of consciousness, or energy. Higher levels of anabolic energy are associated with more effective leadership. Anabolic energy is building energy, and whether in the

you how you can become the leader that you want to be.

Let's look first at the overall style of the catabolic leader. A catabolic leader manages. The definition of "manage" is "to handle, direct, govern, or control in action or use," and "to dominate or influence." Catabolic leaders control others. They tell

Welcome



Welcome to the E-Factor newsletter. This newsletter is an educational tool to help you get the most from your Energy Leadership assessment and your coaching program.

The "E" in E-Factor represents energy—the energy of success. I hope that by reading these newsletters, the success I'm talking about will be your success.

Sincerely,

Belda R. Villalon

Founder & CEO



Progressive Synergy
Coaching & Consulting Group

others what to do, and how to do it. The catabolic leader, in keeping control, keeps the other people in the relationship in a non-powerful position - and then most likely complains to everyone around that "I can't seem to find good help," and "no one does things as well as I do."

An anabolic leader, on the other hand, leads. The definition of "lead" - "to go before or with to show the way," and "to guide in direction, course, and action" sounds supportive and empowering, and it is. The anabolic leader doesn't control and doesn't push people, but instead, inspires them by words, action, and by personal example.

One of iPEC's foundation principles states that "Each of us is each greater and wiser than we appear to be." Anabolic leaders realize this, and thus, don't feel the need to tell people what to do, as they realize that everyone has their own answers and gifts

Last month we discussed catabolic and anabolic responses to being faced with a task or something to do. When a catabolic leader TELLS or DEMANDS that someone do something, most likely, they will respond catabolically - "I won't," "I have to," or "I need to." When an anabolic leader REQUESTS that someone do something, or ASKS for someone's input on a project, they're much more

likely to respond with the anabolic "I want to" or "I choose to." The more anabolic the leader, the greater the probability of success in the task.

This month, as you interact with those around you, think about how much more of an anabolic leader you could be if you led, instead of managed.

Progressive Synergy Coaching & Consulting Group

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