

This issue begins a series with content on leadership and mindset.

A leader can be a better contributor, learn to leverage and bounce back from whatever is encountered and enjoy the leadership experience by managing mindset and being resilient.



About this Series on Court Leadership and Mindset

Being a leader implies that one has acquired proficiency, knowledge, skills, and abilities (KSAs) to deal with whatever comes along or any situation that arises. Those who have been in a leadership role, regardless of the leadership level, know that we may not always feel like we have the expertise, command, and mastery within our skill set, outlook, or frame of mind.

We learn that additional skills may be useful. Mindset refers to the additional skills - attitudes, perspectives, awareness, and response actions. These behaviors and competences may help us respond to how things are experienced, as well as increase stamina and decrease stress, regulate emotions, and expand optimism and satisfaction. Mindset approaches are useful to manage thinking and reactions to situations, challenges, and frustrations.

A wide variety of resources on mindset are available. Select sources will be referenced for mindset KSAs in upcoming issues in this series.

Mindset Areas in this Series:

1. *Self-Awareness and Self-Regulation*
2. *Purpose, Motivation, and Optimism*
3. *Resilience and Adaptability*
4. *Growth and Learning*
5. *Emotional Intelligence*
6. *Executive Presence*

Court Leadership and Mindset

MINDSET AREAS IN THIS SERIES



Self-Awareness
& Self-Regulation



Purpose, Motivation
& Optimism



Resilience
& Adaptability



Growth & Learning



Emotional
Intelligence



Executive
Presence

In the issues that follow, examples within each mindset area will be shared.

Sources and suggested applications or considerations will be included.