

## Parenting Is Leadership

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## Parenting Is Leadership

Simon Sinek, American author, and inspirational speaker who focuses on leadership and business, has said that the closest thing to leadership is parenting and that we need to be an infinite student of parenting. He states that parenting is a lifestyle that begins with the commitment that "I am responsible for another human being." So how do we develop this lifestyle?

Sinek says that like great leaders, parents need to accept that it is a lifestyle that must include our commitment to learn and grow. Being a parent means learning how to be a better listener, find healthy ways to give and receive feedback, develop ways of effective confrontation, and use constructive discipline, when necessary. Maybe you might think that you are good at one or more of these areas. But the greatest way to grow in these areas is to be curious and willing to try. He makes the following

suggestions:

- Ask advice from others--your parents, siblings, other parents, etc.
- Join parenting groups
- Read books, magazines, listen to podcasts. Here is my resource list of recommended books:
- [drive.google.com/file/d/1H\\_ihq2PJoMoWks2DEmKfG5zb\\_VdWHQCM/view?usp=drive\\_link](https://drive.google.com/file/d/1H_ihq2PJoMoWks2DEmKfG5zb_VdWHQCM/view?usp=drive_link)
- Stay curious. See the parenting journey as a path for growth and discovery no matter what stage you are in as a parent or grandparent. It is never too late to learn something new.!

To view the interview with Simon Sinek:

[www.youtube.com/watch?v=qepXx2SYRfs](https://www.youtube.com/watch?v=qepXx2SYRfs)

To purchase my book on

Amazon: [www.amazon.com/gp/product/B09L7KS5VH](https://www.amazon.com/gp/product/B09L7KS5VH)

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*If you would like to know more about what I offer as a coach, please visit my website: [www.coachmyrna.org/](https://www.coachmyrna.org/)*

*Find out more about creating better connections with Safe Conversations [www.coachmyrna.org/create-connection.html](https://www.coachmyrna.org/create-connection.html)*

