

To Develop Leadership Skills, Practice in a Low-Risk Environment

[Link](#)

Sintesis

Follow-through requires what I call, *emotional courage*, which is the willingness to feel the hard feelings that come when we take risks, break old patterns, and try new ways of acting. And *that* is how we become better leaders.

Try it yourself. Think of something you want to get better at: giving feedback, listening, being succinct and direct, having hard conversations — anything you think will make you a better leader.

Go slowly and feel all the feelings that come up. Those are the feelings you will feel in higher risk situations because that's what risk feels like. So follow through and feel the risk, knowing that the actual consequences of failure are quite low.

Comentarios

I consider taking risks is a nice strategy for developing the internship. This is something I could try myself.

When one tries these kind of exercises, I think it's like making situations and getting prepared for it.