Have I Got the Energy to be a Good Leader?

Having read several articles and watched/listened to other resources, it has become obvious that being a leader requires a lot of energy. So, the first question I had to ask myself was, do I have the energy to be a good leader?

A leader must be a visionary while being empathetic and authentic. They must create and nurture personal relationships but not get too close to people while gaining their trust and respect. All these activities need to be accompanied by a regiment of self-reflection and looking after yourself.

These elements, and more, are repeated across multiple resources and support a strongly held belief that I have held for a long time: being a leader is a full-time role.

In my own career I started in highly technical roles and as I progressed, I became an “accidental leader”. Historically it was the only progression path open to achieve a higher grade. Unfortunately, this change in role and responsibilities did not come with training or a manual, but simply “learning on the job”. Without the proper guidance or support, I attempted to fulfil both roles of being technical and leading a team. This resulted in long hours and an unhealthy work/life balance. I wasn’t, however, completely blameless. I struggled with delegating cool tasks to others, and I was often over-critical with the results.

As I gained experience as a leader, I decided that I would be the type of leader I would have wanted to lead me. Recent feedback supports my belief that that managed at least some success, but also highlights that I prioritise being popular over being respected. I guess I’ve already begun the self-reflection!

So, to answer my original question; yes… and no. Yes, I believe I have the energy, but I need to learn to channel it more effectively.

How about you? Have you been overwhelmed with the list of qualities an effective leader *MUST* have?