

Index

- accountability 138, 140
- ambition 76, 167, 168–9, 172, 183
- anxiety 39, 111, 116
- asking the right questions 84, 85, 87

- badge wearing 62–3
- behaviour 50, 93, 111, 133, 168, 182
 - response to problems 102, 104–5
 - taking control 88–9
 - values 23–35
- beliefs *see* faith and beliefs
- bosses 4–5, 38, 66–7, 136–7, 164, 175, 177
 - less strong areas 12, 13
 - recognition 169
 - remembrances 188, 190
- breakpoints 153, 157–8
- building your profile 81, 84, 88

- catastrophising 53, 54
- chairing skills 81, 84–6
- charitable giving 170–1

- clarity 55–6, 66–7, 71, 88–9, 137
 - equilibrium 40–1, 44
 - values 25, 26, 34, 203
- colleagues and staff 4–5, 113, 124, 194, 204
- conflict 105, 138, 139, 141
- criticism 91, 99
- fulfilment 182
- influence 91, 94, 195–6, 100
- joy 197, 199, 200–1
- least strong areas 12, 13, 19–20, 21
- open-mindedness 155, 157
- recognition 169
- remembrances 188–91
- renewal of vision 175, 177
- resilience 133
- risks 77
- self-doubts and fears 53, 55, 56
- supporters and stakeholders 66, 67–70
- team building 135–42
- turning tides 160, 164
- values 30

- comfort zone 75, 77, 112
- commitment 138, 139–40
- communication 43, 71–2, 98–9, 136
 - focus 121, 124–5, 126, 127
- competence 66–7, 148
- confidence 25, 38, 82–3, 110, 161, 203–4
- freedom to choose 172
- freshness 144, 148
- joy 198, 200
- less strong areas 14, 20–1
- recognition 169
- renewal of vision 175
- response to problems 103
- self-belief 59–61, 63–4
- self-doubt 50–1, 54
- strengths 4, 9–10
- supporters 66–7
- team building 141
- conflict 101, 105–6, 108, 138, 139
- consequences 71–2
- corporate 71–2
- courage 107–8, 197
- critics and criticism 83–4, 91–2, 97–100, 161
 - emails 43
 - less strong areas 12, 15
 - resilience 129
 - response to problems 103
- culture 26, 27, 112
- curiosity 71, 163
- decision making 107, 109, 124–6, 127
 - asking the right questions 87
 - least strong areas 12, 15, 16, 18, 20
- resilience 129, 131–2
- risks 76, 77, 78
- self-doubt and fears 50, 55
- support from colleagues 96, 100
 - values 25, 31–2
- delegation 114, 116, 135
- demoralization 97, 98–9
- Department for Communities and Local Government 31–2
- difficult things 37, 59–64
- disappointment 143, 147–8
- effectiveness 59–62
- emails 41, 43, 121
- emotional clutter 146–7, 149
- empathy 30, 69, 194
- energy and vitality 9, 85, 108, 111–13, 136, 163, 204
- equilibrium 37, 38, 41, 44, 45
- financial security 170
- freshness 143, 144, 145
- fulfilment 182
- joy 198
- least strong areas 14, 16–17, 19
- open-mindedness 153
- perspective 190
- remembrances 190–1
- renewal of vision 173–4, 175, 176, 177
- resilience 129, 131
- self-doubt and fears 50, 51
- supporters and stakeholders 66
 - values 27, 30, 31
- warming down 109–10, 111–116, 117
- enthusiasm 9, 50, 188

- equilibrium 37–45, 111, 113,
 160, 165
 self-doubt and fears 49, 55,
 56,
- failures 141, 144, 147, 162,
 165, 168, 172
 risks 74, 78
- faith and beliefs 27, 59, 111,
 125, 131, 177, 186
 equilibrium 38, 44
- family and friends 4–5, 74, 110,
 111, 145, 193–6, 204
 fulfilment 183, 185
 open-mindedness 153, 155
 renewal of vision 177
 resilience 131
 response to problems 108
 self-belief 61
 self-doubt 51, 56
 turning tide 161–2, 164
 values 27
 what matters 167, 168, 170,
 171–2
- fears 49–57, 138, 141, 148
- feedback 5, 70, 85, 98–9, 107,
 125–6, 138–40
 least strong areas 12, 13
 remembrances 188, 190
 renewal of vision 174–5, 176
- financial security 167, 170–1,
 172
- FIRO-B 104–5
- flexibility 67, 83, 105, 107,
 130, 136, 195
 equilibrium 38, 44
 focus 122, 126
- focus 114, 115–16, 121–7,
 135, 140, 168, 177
 fulfilment 181, 183
- forgetting 143, 146–7, 149
- freedom to choose 167, 171–2
- freshness 143–9, 175
- fulfilment 181–6
- healing touch 138, 141–2
- hope 181
- humiliation 74, 78, 94
- humour 165, 199–200
- influence 91–100, 114
- information acquisition
 16–17
- inner change 177
- joy 14, 176, 197–201, 204
- laughter 21, 39, 57, 98, 108,
 197, 200
- leisure activities 51, 54–5, 131,
 145–6, 155, 195–6
 warming down 110, 111,
 112, 113, 116
- least strong areas (weaknesses)
 3, 11–21, 50, 97, 125
- life purpose 185–6
- lifestyle 16, 18, 170
- listening 8, 71, 85, 89, 137,
 148, 175
 equilibrium 41, 42, 45
- focus 122, 123, 125, 126
 family and friends 195
 influence 94, 96
- love 56, 193–6
- mantras 20, 44–5, 54, 55,
 64
- mentoring 56, 69, 148,
 189–90, 191
- mistakes 131–2

- motivation 23, 61, 104, 123,
 136, 167–8, 185
 freshness 143, 144
 Myers-Briggs Type Indicator
 (MBTI) 15–18, 70

 negotiation 106–7, 108, 136
 networking 70–1, 72, 122,
 126, 136, 160, 183

 open-mindedness 143, 144–6,
 153–8
 opportunities 130, 156, 158,
 160–1, 171, 174–6
 optimism 9–10, 37, 50, 88,
 130
 options 155–7, 158

 partnerships 15, 25, 28–9,
 94–6, 100, 122, 126
 persuasion 93–4, 100, 125
 preferences 15–18, 19, 21, 92,
 104, 153, 164
 team building 136–7, 139
 priorities 114–15, 127, 137,
 148, 177, 183, 195
 breakpoints 157
 problems 101–8, 161
 Psalm 23 183–4
 psychometric assessment
 103–5, 106, 108

 recognition 167, 169–70, 172,
 182
 reflection 13, 55, 82, 87, 149,
 160, 203
 criticism 97
 difficult things 62
 freedom to choose 172
 fulfilment 183
 influence 94
 joy 199, 201
 open-mindedness 154–5,
 157
 remembrances 187, 188
 renewal of vision 175, 176
 response to problems 102,
 105, 106, 108
 resilience 131, 133
 team building 141
 warming down 114
 refreshment 195
 relaxation 21, 44, 81, 110–11,
 116–17, 195–6, 200
 reputation 88, 92, 103, 122,
 162, 182
 resilience 14, 42, 44, 129–33,
 160–1, 164, 197
 respect 93, 124, 194, 195
 responsibility 44
 responsiveness 43
 results 138, 140
 rhythms of life 38, 44–5, 161
 rigour 42
 risks 73–8, 93, 103, 123, 161

 self-awareness 8–9, 14, 26–7,
 54, 133, 101–5, 108
 self-belief 50, 59–64, 161, 203
 self-doubt 49–57
 self-esteem 93, 105, 131
 self-reinvention 174–5, 176,
 178
 self-worth 26, 129
 smiles 39, 99, 113, 197,
 199–201
 stakeholders 55, 65–72, 94, 136
 standing/stepping back 55,
 108, 154–5, 158, 167,
 183

- strengths 3–10, 76, 97, 125, 136, 158, 162
 - less strong areas 12, 21
 - response to problems 104, 108
- Strengthsfinder profile 6, 7
- stress 26, 109–10, 114, 116–17, 121–2, 131, 137
- success 9–10, 28–9, 83, 85–6, 88–9, 172, 204
 - equilibrium 40, 41, 43
 - focus 121, 123, 124, 126
 - freshness 147, 148
 - fulfilment 181, 182
 - influence 92–4, 98–9, 100
 - open-mindedness 153, 156
 - problems 101–3, 107
 - renewal of vision 174, 175
 - risks 73, 74, 75
 - self-belief 62
 - self-doubt 49, 51
 - supporters 65, 67–8, 72
 - turning tide 160, 162–5
 - warming down 115
- successors being nurtured 148–9
- supporters 15, 65–72, 148–9, 160–1, 164, 194, 204
 - critics 91–2, 97, 99
 - influence 91–2, 94, 96, 100
 - resilience 131
 - response to problems 101, 103, 105–6, 107
 - risks 74, 77
 - self-doubt 56, 57
 - warming down 110, 116
- surprises 158
- taking control 81, 84, 88–9
- talents 3, 6, 8, 15, 156
- team building 135–42
- Thomas-Kilmann conflict
 - resolution tool 106
- time management 109, 110, 113–16
- toughness 114, 116
- trust 85, 88, 93, 124, 161–2, 194
 - supporters and stakeholders 66, 68, 69
 - team building 138, 139, 141, 142
 - values 25, 29, 31, 33, 34, 35
- values 23–35, 37, 59, 69, 93, 125, 203–4
 - conflict 105
 - family and friends 194
 - renewal of vision 173, 176
 - resilience 129
 - turning tide 161, 165
- vision renewal 173–8
- warming down 109–17
- weaknesses *see* least strong areas
- well-being 37–8, 44, 160, 171, 195, 204
- West Mercia Police 31, 33

