

Core behaviors of an Authentic Leader...adapted from <https://athletesinaction.org/workout/the-core-behaviors-of-an-authentic-leader#.XdQwqTJKhYg>

Authentic leaders consistently build trust

Authentic leaders establish trust by aligning their habits, words, and actions with their beliefs, messages, and instructions. The authentic leader is a radically consistent leader. The most effective leaders are the men and women who most consistently model the habits, attitudes, and actions they preach to their teams. Deposits of trust are made when a leader does what they say they are going to do.

Authentic leaders practice humility

Authentic leaders have the humility to understand that the position of leadership carries a cost along with. Leadership always has a price.

Ultimately, fulfilling your purpose is about becoming a means to an end that is not primarily centered on yourself and authentic leadership is about figuring WHO you are here for more than WHAT are you are here to do.

It takes a humble leader to die to themselves in service of their team. When a leader is able to practice this kind of radical humility, trust is earned and authenticity is established with their team. Authentic leaders have the humility to ask questions, seek team member's opinions, and build a culture that prioritizes a humble pursuit of the truth.

Authentic leaders guard their influence

Author Michael Hyatt says this about influence: "Influence and influenza come from the same root word. Real leaders are contagious." Authentic leaders guard their influence to ensure they are "infecting" their followers in a positive way.

Influence can be used for good or bad because leadership is more caught than taught — just like you can catch a cold, virtues like generosity and kindness are contagious. A leader's influence is always a function of their ability to integrate a set of core values into their daily behaviors. Put more simply, people will always follow how a person lives more than they what a person says.

A leader's influence is always governed by the extent to which they can effectively live out their beliefs in front of their followers or teammates. Influence is powerful, and authentic leaders will guard it with wisdom and consistency.

Start working today to be an authentic leader, on and off the court. Let tonight's games be a time where you can take time to be grateful. Let's take a moment to pray or have a moment of silence for reflection.