

LEAD WELL

BOOK REVIEW

People Fuel

John Townsend

KEY PRINCIPLE

Truly good relationships give you energy, focus, and the support you need to succeed personally and professionally.

Building a life team is a core strategy for harnessing the fuel from relationships.

APPLICATION

Through stories and clear applications, Dr. Townsend shows you how to:

- Identify the types of people who can be either energy gains or energy drains
- Receive from relationships the help and support that God intended
- Create higher-quality connections with your family, friends, and coworkers
- Boost your productivity and creativity at work
- Build your essential Life Team

Who is your first phone call? When a crisis hits, or a special celebration occurs - who do you call? Often leaders have a spouse who they rely on to support them in hard times. Or even perhaps some close family members. Yet it is wise to have more than just 1-2 people who can be a support to you. Building out a life team - a personal board of directors if you will - can make a profound difference in your ability to prevent burnout, navigate crisis situations, celebrate special milestones or achievements. We are not created to carry heavy loads alone. Who are the people you can trust? People you can lay down titles, expectations, performing, and just be a human who can share what is going on in your life. A place where you don't have to be guarded. To have a chance to be with people where you don't feel pressure to be the smartest person in the room, the one in charge who must make all the decisions, or responsible for outcomes. Do you have a tight knit group of people who get that first phone call from you? If you don't, Dr. Townsend gives you practical ways to build it out and to fully harness the fuel that can come from healthy relationships.

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