

# LEAD WELL

## KNOWLEDGE

### RIVERS AND FLOODS

#### SUMMARY

Rivers and floods have water in common. One represents healthy banks or boundaries where the other could be considered destructive or out of control. Rivers have a direction, whereas floods can be chaotic. This idea can apply to all parts of your life - personal and professional. Are the banks to your rivers strong? Your boundaries in place? Do you have role clarity around tasks you are responsible for? Or does your life feel chaotic and flooded? Have you tried to have strong banks for the rivers in your life, yet floods just come in and destroy them? How do you have the energy to build up those banks again? To set needed boundaries and hold to them in work or personal relationships. To re-clarify roles if it has gotten chaotic.

#### REFLECTION

Do you know yourself well enough to sense that the river is rising and the banks are about to be breached and a flood is coming? When you sense this coming what can you proactively do to prevent it? Kind of like people get sand bags out when rivers rise - what could be your sand bag to support the banks or boundaries until the intensity recedes?

#### ACTIONABLE ITEMS

- Think of a flooded area of your life. What could be a first step to get the water moving back in a productive direction?
- Where are areas where you feel like the river is rising and you need to be proactive to prevent the flood? What is your next step?

For both questions think about what resources you have to help