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The Spark

Resources and tips to set your leadership apart and help you create a sustainably loved workplace



Three practical ways to find prioritization and balance

1. Start with your own well-being.

In a recent *Forbes* article, executive coach Patrick Murphy shared [4 Tips For Thriving As A Leader During Change](#). Number one: Remember yourself.

Why it matters:

As leaders, it's easy to hyper focus on how your team is doing. But if your own wellness isn't in check first, that focus on others is not sustainable.

What you can do about it:

Attend a [Wellness Driven Leadership](#) cohort. This client-favorite leadership program starts with prioritizing your own wellness.

2. Get crystal clear on self-awareness.

Self-awareness is one of the most critical aspects of sustainable wellness.

Why it matters:

We can't prioritize our own needs if we don't know what they are.

What you can do about it:

Book a [coaching session](#) powered by Predictive Index® insights.

3. Be decisive about what gets your time, and what doesn't.

It's easy to fall into the trap of addressing everything that comes your way. But recognize when pausing, delegating (or, sometimes, even ignoring) are better options.

Why it matters:

Time is our most precious resource, and we each only have a finite amount.

What you can do about it:

In this recent article, ADVISA Client Success Consultant Joel Davis tees up the concept of "Prioritizing with Mañana." It's a short, thought-provoking read. [Check it out...](#)



Other thought leadership we're sharing + consuming

- [5 things I learned from leaders in 2024 | Coaching for Culture with Mike Elliott](#)
- [Trust, Clarity, & Recognition: Keys to Thriving Teams](#) – the Amazing Teams podcast from HeyTaco, feat. Heather Haas
- [The Great Detachment: Why Employees Feel Stuck from Gallup](#)
- [Manager development a top priority for HR in 2025, Gartner says](#)

Upcoming events

- 02/24: [PI Software Demo](#). Virtual
- 03/25: [Emerging Leader Series](#) March Cohort Begins. Virtual
- 04/07: [Wellness-Driven Leadership](#) April Cohort Begins. Carmel, Indiana

Leadership Diversity Scholarship



Now accepting applications through Feb. 28 for the Spring 2025 Cohort. For details and to apply, visit: [advisa.com/scholarship](#)

“The most important investment you can make is in yourself.”

– Warren Buffett



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