

CHRISTOPHER KOLADE
CRLE
At LAGOS BUSINESS SCHOOL

Leadership and Ethics News Around the World

Greetings dear readers. In line with our vision of sharing knowledge that improves the way Leaders inspire and lead in Africa and the world, we bring you a section of interesting headlines relating to Leadership and Ethics in the global community.

Inform



17 Ways Leaders Can Practice Mindfulness To Keep Calm On Busy Days.

Executive leaders juggle numerous responsibilities and high-stakes projects during their busy days. As those demands intensify, it becomes even more important for these leaders to maintain clear and focused minds. Amid a whirlwind of meetings, emails and strategic planning, smart leaders practice mindfulness to enhance not only their personal wellbeing, but also the effectiveness of their leadership.

Below, 17 Forbes Coaches Council members share valuable tips and practices for maintaining



5 Strategies To Be a Leader At Work Without The Title.

Leaders don't always commence their careers with "director", "manager", or "VP" in their job title. They've learned to be a leader through demonstrating core leadership capabilities that prove they are equipped and worthy to take on the post. Leadership begins with a set of values, qualities, and attitudes that distinguish an employee from the rest of the team. Read on to discover five strategies to secure a promotion and showcase leadership skills, even if you don't have the job title yet.

Manage up

mindfulness during even the busiest of days to help leaders enjoy more productive, satisfying and balanced lives.

1. Introduce The Habit Of Taking 'Mindful Pauses'

Set up a periodic alert throughout your day. When it rings, take a moment to breathe and observe your thoughts. Reflect on achievements, interactions and decisions made.

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According to a research study conducted by Ladders where more than 1,200 high-earning professionals were surveyed, 88% attributed their career success to the skill of managing up. We often tend to associate management with leading teams of individuals who are further down in the organizational hierarchy, but it's equally important to master the skill of managing those who are senior to you as well.

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Building An Equitable Future For Female Leaders In Health, Science, And Biotech.

As a scientist and CEO of a woman-led and -owned health and science agency, I am honored to count myself in the growing representation of women leaders in healthcare and biotech-related businesses. In 2021, women represented about 23% of biotech CEOs and about 15% of health system CEOs. And in 2023, for the first time in U.S. history, 10% of Fortune 500 CEOs were women.

While women in STEM may have finally broken the glass ceiling to achieve leadership roles, the reality is that now we are standing on a glass floor. It feels like simultaneously paving the way forward and being held back because many steps still include continued gender bias and unfair expectations, requiring extra effort not to slip.

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Emulate



How CEO's Can Navigate The Emotional Labour Of Leadership.

The sociologist Arlie Hochschild introduced the concept of emotional labor to highlight the emotional burdens of different jobs. Bill collectors, for example, must inure themselves from the emotional distress of the people they must harass. Doctors must deal with the emotional trauma of their patients when delivering difficult medical prognoses. Almost all service workers must endure emotionally challenging encounters with upset customers.

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Shaping The Future Of African Innovation: Insights from the Technology Founders Summit.

On 17th August, 2023 the Technology Founder's Summit was held at Lagos Business School, Pan-Atlantic University, where visionaries and thought leaders converged to ignite the flames of innovation across Africa.



Study Tour Programme.

We are thrilled to announce the commencement of the Lagos Business School, Pan-Atlantic University transformative study tour programme in collaboration with the Smith School of Business at Queen's University, focusing on the theme "Global Leadership: Skills and Strategies for Leading Across Borders." From August 14 to 18, 2023, this immersive experience promises

Three remarkable keynote speeches delivered by Professor Olayinka David-West (she/her/hers), Ola Brown, MFR, and Osemudia Guobadia underscored the importance of pushing boundaries and embracing disruption in our entrepreneurial journey. The path to success is paved with innovative ideas that have the power to transform industries and uplift communities.

The panel sessions, skillfully moderated by Charles Aigbona and Dr. Emeka Azinge, delved into the heart of emerging trends and challenges within the tech entrepreneurship landscape. These discussions brought forth valuable insights, leaving us equipped to navigate the dynamic terrain of business in our ever-evolving world.

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to empower participants with the knowledge and skills needed to excel in a rapidly evolving global business landscape.

On Day One - August 14, we kicked off with welcome addresses from the Smith Dean, Dr Wanda Costen, followed by the LBS Dean, Professor Chris Ogbechie and the Nigerian High Commissioner to Canada, His Excellency Ade Asekun, setting the stage for an enriching week ahead.

While the delegation toured the facility, programme participants embarked on their first class - "Strategic Innovation & Entrepreneurship" led by Professor Elspeth J. Murray. The delegation later convened for a productive meeting, discussing the study tour's potential and future avenues for collaboration.

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Inculcate



15 Self-Appraisal Questions For Peak- Performing Leaders.

Leadership performance is under threat. Many leaders assume that leadership development is a reward rather than an intentional, structured plan to move them through a growth process in support of their continuous improvement on their leadership journey.

There are also leaders who assume that excellent financial performance equals excellent leadership performance. For these leaders, the end result justifies the means. They erroneously use their financial performance to excuse their excessive and many times toxic behaviors. Sadly, some organizations continue to celebrate toxic leaders because of their excellent financial performance, thereby mainstreaming toxicity across the organization. But according to research, "Toxic leadership behaviors lead to turnover intention, decreased satisfaction, lack of commitment, and low performance and psychological stresses such as anxiety, depression, fatigue and detachment."

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Empower



Why Becoming A Mindful Leader- Leading And Living With Excellence.

Why is becoming a mindful leader so critically important to your ability to lead and live with excellence? Let's begin to answer that question by returning to the basics. What is a 'mindful leader'?

A Mindful Leader embodies leadership presence by cultivating focus, clarity, creativity and compassion in the service of others.

If we look more deeply into this definition, we will notice that these four innate abilities-focus, clarity, creativity and compassion- are fundamentals of leadership excellence. And yet, even though these abilities are innate, we often fall short of our potential to embody leadership presence. Why?

For most of us, we fall short because we live in a world that surrounds us with unlimited distractions. These distractions pull us away from the present moment and keep us from listening to our own wisdom. We find ourselves mindlessly rushing from one appointment to the next, reacting to situations rather than responding to them, and often feeling as though we have missed entire days, weeks, even months of our lives. Is it really September already? Wasn't it just May?

Upcoming Programmes



Authentic Leadership

The Authentic Leadership Programme is a proven and practical approach for developing skills to improve climate and sustainability drive through performance.

At the end of this programme, you will be able to:

- Learn leadership behaviours that eventually become effective habits as well as skills that set you apart from people who can only describe such behaviour and skills
- Become someone who is able to influence others, inspire them to release discretionary effort, and support them to become the best they can be while performing at their utmost
- Understand your own behaviour better as well as your underlying predisposition and how to moderate their your behaviours in order to be effective with other people – managers, peers, subordinates, customers and clients as well as other internal and external stakeholders
- Be aware of how your behaviours contribute to shaping your work climate and how this affects your own, as well as other people's effectiveness and how to drive



Women in Leadership

Women have become a dominant force in the workplace. Despite different challenges, many are rising to top management positions in the private and public sectors of the economy. Some have successfully broken the glass ceiling and others are aspiring to do so. As leaders, women have the responsibility to drive their teams to achieve and exceed targets. This requires creativity, innovation, professionalism and an ability to get the best from team members. Women often have to work harder and smarter to get to the top. This programme will assist women sharpen their leadership skills in order to succeed in today's challenging world. It will help them fine-tune their strategies for effective leadership. In the three-day period, participants would learn to explore and leverage on contemporary leadership tools that have helped organisations achieve high performance.

The programme is targeted towards:

- Women in senior management positions
- Women in top management positions in medium-sized businesses
- Professionals, consultants and owner-managers

up the quality of engagement
in their team

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