

Stretched but not Snapping

We are constantly being asked to stretch — in too many directions and for too long. It can feel unsustainable. The *ELASTIC* metaphor and acronym (energy, likeability, adaptability, strategy, trust, imagination and curiosity) will help you find your optimal level of stretch and help you strengthen your elastic leadership.



Energy
Likeability
Adaptability
Strategy
Trust
Imagination
Curiosity

Evidence-based tips for improving your elasticity

Energy: Try focused action. Multi-tasking leaks energy and tires us out.

Likeability: Combine clear standards with an “orientation outward”. Competence plus care is the magic combination – and it also builds trust.

Adaptability: Invest in your team. Team support contributes to our individual capacity to adapt.

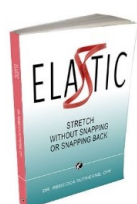
Strategy: Make a habit of balancing present and future thinking

Trust: Extend trust before it’s earned. People who are trusted behave in more trustworthy ways.

Imagination: Get out in nature. Replace scrolling your phone with daydreaming.

Curiosity: Lead with questions, especially when you are tempted not to.

Be adventurous! Exposure to a wide range of people and contexts will boost all seven *ELASTIC* skills.



Want to learn more?

Check out [*ELASTIC: Stretch without snapping or snapping back*](#).

