



Foresight makes you a better manager

How can a habit, any habit, help you be a better leader?

Being a manager is much about psychology and touching people

Here, the self-discipline required in building a habit strengthens your consistency which in turn brings calm to your management.

In [Rasmus Ankersen](#)'s book "Leder DNA", [Stine Bosse](#) shares how she finds leadership is about psychology and how we as managers are touching people, and how this is difficult to many.

I believe this is because we as managers can't give what we don't have. And our ego stops us from saying "I don't know. Let me find out".

This gives a situation where we naturally don't have all the answers and don't feel comfortable admitting to it, close ourselves up, and as a consequence becomes distant.

We are conjuring up fantasies about what could happen if we admit to not knowing something. This is of course a fallacy, and a bias which we through training can overcome.

Not a good foundation to successfully reach in and touch people.

So what to do?

My advice is, use yourself, build a habit, win against yourself, the victory, the dopamine, the self-discipline will strengthen your ability and confidence as a leader to go in and touch people.

The simplest place to start this journey is to forego the situation by openly sharing:

"There will be questions to which I don't know the answer.

Please bear with me and be patient when these events occur.

I will search for the answer and come back to you"

Now, when it occurs it's no longer 'dangerous to admit to' enhancing your impact and success.

Stick with it