Different Types of Leaders

From ‘Creating a Life Worth Living (Kaleidoscope of Creativity)’ by Carol Lloyd

**Leader:** They “have a talent for moving people toward a common goal…Along with this skill for persuasion come responsibility and power…The leader’s ingenuity comes from the ability to work with people,…Most leaders are good public speakers…”

**Teacher:** “Teachers enjoy giving people information, ability, and knowledge. Preferring informal, intimate groups over large, formal gatherings, they are less interested in possessing power than they are in transmitting it. They yearn for interactive learning…work well under short deadlines within a structured framework…[and are] articulate and communicative…”

**Realizer:** “Realizers are the people everyone else depends on to get things done. They relish the process of problem solving with lots of elements, people, and materials…[they] often prefer to stay behind the scenes, providing the driving energy for pulling together an entire project. Versatility and excellent communication skills allow realizers to create multifaceted projects…”

**Healer:** They want “to console, nurture, and cure. Morally inclined and very intuitive, their art springs from their sensitivity to emotional states. Many healers have been through tumultuous experiences that give them special insight into life’s frailty and complexity.”

**Interpreter:** They “play with stuff that is already there—bringing it to life in new and fresh ways…Through elaborating, improving, and evolving raw material, the interpreter manifest and perfects the work in a new form…[they] combine intellectual acuity, steadfastness, and flashes of visionary talents.”

**Generator:** “Generators manufacture ideas and schemes. They have enormous enthusiasm and a surplus of initiative…[they] adore brainstorming and despise repetition…They live in a state of creative rush…[they] find a situation where [they] can put conceptualizing power to work.”

**Inventor:** Inventors create new forms, objects, and ideas. Their talent lies in dreaming up new thingamajigs and then trying to create them. Like generators, they are harebrained, madcap brainstormers, but the inventor’s product is not the idea, but the project itself…[their strength lies in] their willingness to act on their ideas even when other people are calling them crazy.”

**Maker:** They create “things with their hands. They value craftsmanship and material creation over abstract conceptualization…For makers, the central act is the complex moment of touching, moving, working, and thinking. Makers tend to be physically vigorous and emotional…They often enjoy working alone because solitude allows them to go deep into their work without interruption.”

**Mystic:** They “tap into energy through engaging their ethics and their spiritual beliefs…Mystics create moments, moods, ambience. Since their art is ephemeral, they make wonderful performers, musicians, and interdisciplinary artists…they are adored because of their ability to connect with others in intimate and creative ways,…they are fiercely independent thinkers.

**Thinker:** “Thinkers enjoy measuring, interpreting, analyzing, and theorizing. Their art is the art of allowing an observation to bear fruit in the mind. They feel at home in abstractions and take pleasure in seeing and inventing patterns in the world…They value the idea as much as the communication or realization of that idea.”

Journaling Activity

Think about a moment in your life that has shaped you to be who you are today. An example might be a pivotal experience for you regarding one or more aspects of your identity.

* How does this experience relate to who you are in this society?
* How did you manage the challenges of this experience?
* Who helped you with the challenges of this experience? If no one helped you at the time, who do you wish had helped you?
* What impact does this experience have on you now?
* How did this experience shape you to be a leader? If you don’t feel like a leader yet, think about how the experience may contribute to your leadership skills in the future.

**Caring For Yourself**

Preventing burnout as a leader or activist is an important part of your work. One of the most important strategies to maintain your leadership activities is self-care. Remember, everyone practices it differently and in their own time.

* Get adequate sleep and eat healthy foods. Your body needs nourishment and rest.
* Exercise regularly; it helps with stress, anxiety, depression, and sleeplessness.
* Don’t isolate yourself from others. Spend time with family and friends who can provide you with emotional support.
* Talk about your feelings with people who care about you and will listen without judgment. Seek help from professionals when appropriate.
* Allow yourself to cry. Emotional release is an important element of self-care.
* Allow yourself to laugh. Don’t underestimate the power of small pleasures and diversions.
* Accept caring and practical support from others and let others know what you need.
* Avoid using drugs and alcohol to cope with emotions; they can conceal legitimate emotions and cause problems in work and school performance.
* Give yourself all the time you need to feel and express your emotions.
* Maintain a normal routine and take care of what needs to get done. Start with smaller tasks and move on to bigger ones in time.
* Practice mindfulness, meditate, and try breathing exercises.
* Engage in healthy pleasurable activities. Relax and have fun!
* Make your own happiness a priority.
* Practice gratitude for the positive aspects of your life.
* Find joy in the small things in life.
* Spend time outside in nature. Notice the beauty around you.
* Be giving. Lend a helping hand to those around you. The rewards are limitless!
* Be attentive to your stress levels and take regular breaks.
* Strive to be good enough. Avoid perfectionism.
* Don’t compare your insides to other people’s outsides.
* Make a list of your favorite things to do. Try to do at least 1 or 2 of them a week.
* Pamper yourself. You deserve it!
* Be kind and compassionate with yourself!



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