

# THE EXTRA POINT

BY JERRY ROBERTS



## # 1799 When the Head of the Organization Loses Their Mojo

You are at the top of the totem pole, the #1 position in the corporate “food chain”, numero uno — and the day arrives when you feel like you’d rather be anywhere but there. Wait, you can’t leave. You have obligations. That could be to investors, or clients who need you to lead and complete a big project, or to your team. Maybe leaving would force a different standard of living on your family, and you don’t them to have to go through that. Still, you know it and you pray that nobody else has figured it out: you have lost your mojo. It happens to a lot of leaders. What do you do? Assuming you want it back, how do you get it back? Let’s throw some ideas around, next on The Extra Point.

Any leader who tells you that he or she has never lost their mojo falls into two distinct categories. Either they’re holding out on you and don’t want to admit it, or they don’t have a clue what “mojo” means?

I’ll define mojo by telling you what it feels like when it’s gone:

- You may feel unmotivated. Things that once excited you, no longer do.
- Creativity and innovation have dried up.
- Your energy is low. Sometimes, you feel as if it’s all you can do to just drag yourself out of bed.
- Self-doubt creeps in way too often, where confidence once reigned supreme.
- You feel disconnected from people, from the organization’s focus and mission, from your purpose. You feel stuck and you’re not sure how you’re going to get unstuck. Yes, your mojo is nowhere to be found.

This is not exactly what you’ll find in Mr. Webster’s dictionary, but it’ll do for today.

Let’s get right down to it. I know people who have been through this, and one of them looks me in the mirror each morning. I battled a

rough period about 10 years after starting my company, and I felt isolated.

People who run organizations don’t have a lot of folks they can talk to about their troubles. In a small community, you tend to keep your private things private, so as not to give your competition a potential advantage.

I finally reached out to two friends I felt would listen and maintain confidentiality. Honorable men both, they did that. The only problem was they gave me completely opposite opinions, each valid, so no progress from that.

The Extra Point hasn’t focused a lot of time on the issues impacting the ultimate leader, but here we are. If you’re in this group and if how I’ve set the table has you mildly hungry for answers, you can download transcript #1799 at [guamtraining.com](http://guamtraining.com).

Here we go, with five ideas:

1. How’s your health? Many leaders have health issues they can’t pinpoint, which may be an underlying cause for their concerns and performance.
2. Why do you feel the way you do? You’ll get nowhere until you dig inside and answer that. If you don’t know and there’s nobody you can confide in, there are thousands of counselors online who will listen, guide, and coach you. Many have business experience.
3. Identify what drains you. Make a list of tasks or responsibilities that feel burdensome. Be honest. What parts of your role do you dread? If you can, delegate them. Then, keep delegating. Help people increase their level of responsibility and, if you can, kick a few extra bucks their way. Delegation is a massive game-changer if you do it right.
4. If you need to and the operation can roll on in your absence, take off and put some distance between you and the day-to-day operations. Clear your head. (Con’t.)

Now, if you've done all of the preceding and you're able to get your head screwed on straight again...

5. Reconnect with your team, and set out to build stronger relationships with them. Know this: They are not immune to your problems. Whatever you're going through, you must understand that they are — in one way or another — going through it with you.

Is there more you can do? Sure, we can add all the buzzwords you want. Revisit your "why", reassess your goals, rewrite your mission and vision statements, reflect on your achievements, practice gratitude, and on it goes.

Some leaders hang on and hang on, without seeking help, because they feel they have to.

Don't lose yourself in your P&L statement. If you're not feeling like you know you ought to be feeling, then call a time out and get your issues figured out. Don't wait for problems to magically get ironed out on their own.

One more thing. This is a story you might want to share one day, when things are better and that mojo has been restored. There may be people on your team who will face similar circumstances in the future. Your experience and success could well be one of the most valuable lessons you'll ever teach them.

That's the Extra Point. Be responsible and make something good happen today. For 93.3FM, the Ray Gibson Show, and First Hawaiian Bank, I'm Jerry Roberts.

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