

LET & ABLE Newsletter

Issue 88 ... May 2022

Be sure to follow your heart! When we speak of the heart, many ideas and theories come to mind. The heart, mind, soul and will of a person are the bedrock of our personage, desire system, motivation, character, and approach to life. As a result, it behooves us to take into consideration our own heart and where we stand on various issues and decisions that need to be made.

A pure and good heart is to be desired and protected. We must avoid allowing others and life situations to burn, abuse, trample and poison our hearts. For the next 90 days, I would like for you to focus more on your heart and what means the most to you. At the end of the day, we must do what is best and right for us.

“A pure and good heart is to be desired and protected.” Dr. Recco

Way too often we find ourselves in the thick of daily efforts to please others and make their dreams come true. We turn our hearts over to them and their causes. In the meantime, no one is doing the same for us. We often are left to deal with life alone and with a disappointed and bitter heart that has been betrayed once again.

Starting today, I will protect my heart more and I will listen to it. My goal is to place a premium on having a heart of gold. Why? Because the path I desire requires a whole and happy.

I want a merry heart that rings out with joy. Do you want the same thing? My heart, emotions, and will matter to me and my family. Can you say the same thing? I will protect my heart with all diligence. Will you do the same thing?

Dr. Recco

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Recco Richardson, Ph.D., LPC
Author, Trainer, Educator
& Clinical Therapist

How Good Leadership Looks & Acts

By Recco Santee Richardson, Ph.D., LPC

Leadership is at the top of the list of the many things needed in our lives, communities, places of employment, and homes. This is true because quality leadership is a must if we are to move forward in peace and wellness. It is my belief that leaders are born, and they are made. Perhaps, just perhaps, the answer and solution to what needs to be done is the re-introduction and demand for solid leadership across the board.

With my new college diploma in hand, at the tender of age of 21, I was placed in a full-time entry level university job that required me to provide leadership. I supervised full-time staff and work-study students, developed partnerships with local school districts, facilitated college matriculation for at-risk middle and high school students, and reported back to university administrators the outcomes of my efforts.

Now some 30 years, 1,000 direct supervisees and five managerial leadership positions later, I have a few things to say about what good leadership looks like and how it acts.

1). Admits When Wrong: All of us make mistakes and are wrong from time to time. The best of the best leaders recognize this and regularly admit to others when they are wrong. Being wrong is not an indictment against us as leaders. Rather it liberates and is an indication that we are human and willing to “risk being wrong for the sake of saying and doing what is right.” The stated is something that our staff can appreciate about us and hang their hats on. *(cont. page 5)*

This Article Discusses

Leadership Traits

Leading Staff

Being Flexible

Developing Relationships

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2). Is Flexible & Inspire: As leaders, the move towards being rigid and stubborn is a good way to run wonderful staff members away. Aspiring staff do not tolerate such stone-age leadership for long. There is more than one way to skin a rabbit and complete a task. Thus, it is imperative that we as leaders practice being flexible. When flexibility is observed by our staff, they are more open to being inspired to do the best job that they can.

3). Shares The Credit: No one likes to be around show-offs and braggers. The leader that takes all of the credit will eventually be crippled by their own tongue and ways. What our staff want and need to see us do is share the credit, verbally recognize their sacrifices, and highlight their importance to the organization and to us.

4). Spends Time With Staff: As leaders, the developing of meaningful and genuine professional relationships with our staff is a must if we desire to retain them. The best way to retain and get to know staff members is to spend time with them, ask them about their job duties, share stories and conversations that interest them, and talk with them about their dreams and goals.

5). Leads (Instead Of Drags): For some reason, many leaders believe that “the end justifies the means.” This is not a good motto to follow. Why? Because how we reach established company goals must be fueled by respect for human rights, equality, appreciation towards others, and the valuing of life.

We should not torment staff members hard and long for the sake of reaching a company or personal goal. The attaining of goals should be accomplished via leading staff and not by dragging them.

How To Contact Us



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