



TECH TALK

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Know Yourself to Know Others

“A leader is like a shepherd. He stays behind the flock, letting the most nimble go out ahead, whereupon the others follow, not realizing that all along they are being directed from behind.”

Nelson Mandela

There is no shortcut to becoming an effective leader. Leadership is a journey filled with tough decisions, mistake and responsibilities. You cannot be a good leader if you don't know yourself first, and where you stand. Self-awareness and self-growth are important keys to becoming an effective leader.

Here are five apps that can help you discover yourself and make that journey a bit easier. You may want to give them a try.



Igniter – In order to be a good leader, you need to learn how to get the best from yourself and build self-awareness. Igniter can help take you through a process of discovering your personal values, principles and beliefs. It will coach you to live your life with purpose, and positively impact the lives of those around you. igniter.innerwill.org



Habit List: Build a Better You – Break bad habits, create good ones and build a better you. This app will help you stay on the right track towards reaching your goals. apple.co/2zc9CjH



Unstuck – This app helps individuals, leaders and teams become the best versions of themselves, so they can create positive impact in society. Unstuck provides powerful questions, tips and different perceptions to provoke insights and actions. If you're stuck, Unstuck can help guide you towards the right direction. www.unstuck.com



Worry Watch: Stress & Anxiety – Often we worry or get anxious about things, and later realize that most of our worry was unnecessary. This app tracks what is bothering you and creates helpful charts on the patterns of your anxiety. A deeper understanding of your worries and anxieties can help you challenge them, and may even change your future. apple.co/2Ba2MfK



Coach.me – Powerful questions can help make your mind think and expand your mental boundaries considering new options. Asking powerful questions is what coaches do, and that's what this app does, too. Whether you want to learn a new skill, build your career, or get in shape, this app is worth a try. www.coach.me

