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# Leadership Postures: Ben Snyder

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## Two Words: LEADERSHIP & POSTURE

### **POSTURE: The position you hold yourself when standing or sitting**

Good Posture: The curve – in out in.

Bad Posture – habitual positioning that causes unnecessary strain on the body.

Each task requires a different healthy posture.

One of the best things you can do for your daily life: mind your posture.

### **LEADERSHIP: The ability to influence people from “here” to “there”.**

MYTH: Leaders are powerful, bossy, in charge, doers.

One of the best things you can do for your leadership: mind your posture.

**“Perhaps the strain you are feeling, is the posture from which you are leading.”**

## **THREE POSTURES EFFECTIVE LEADERS USE:**

Leading UP - Leading LATERALLY - Leading DOWN

### **LEADING UP: Leading those above you.**

**MYTH:** You only lead when you are in authority.

**Reality:** Most impactful leaders have a boss they are in authority under.

Great leaders learn how to lead wherever they are in the organization.

**Leading UP:** using your gifts and strengths to “lift” your organization and leaders you serve to be as successful as possible.

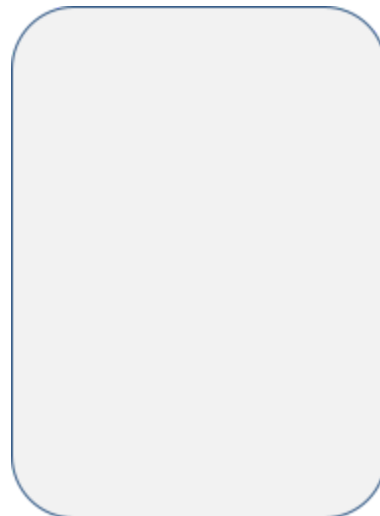
### **Healthy Leading UP Posture**

- [Humble, Hungry, Smart](#)
- Contributing
- Listening
- Honoring
- Responsible
- Teachable
- Enjoyable.

### **Bad Posture**

- Ambitious
- Apathetic
- Sporadic
- Suck Up

### **Draw Posture here:**



### **Questions:**

- Where is there synergy with our strengths?
- Where is there potential tension with our strengths?
- How do my strengths help my leader/our organization win?

## **Leading LATERALLY: Leading those alongside you.**

**MYTH:** You only lead when you are in authority.

**Reality:** Most of your leadership energy will be applied here.  
Great leaders learn to care about progress more than their position.

**Leading Laterally:** syncing your strengths with the team towards the best outcome.

### **Healthy Leading UP Posture:**

- Perspective
- Collaboration
- Connection
- Unity

### **Bad Posture**

- Resume Builder
- Cowboy/Cowgirl
- Do It All-er
- Martyr
- Not My Job-er

### **Questions:**

- Am I aware of the strengths of those around me?
- Is the way that I am communicating aiding or harming?
- Am I believing the best in my team?
- How are we addressing conflict?

**Draw Posture here:**

## **Leading DOWN: Influencing those below you**

**MYTH:** Once you are in charge, leadership is easy.

**Reality:** It's not. ([John Maxwell's Five Levels of Leadership](#))

**Leading Down:** Leveraging your position, power, and strengths to help raise others up.

### **Healthy Leading UP Posture:**

- Arrogant
- Demanding
- Disconnected
- People Pleasing

### **Bad Posture**

- Equip
- Empower
- Elevate

### **Questions:**

- Who has leadership potential?
- Do I want more FOR them than FROM them?
- How can I help them get to their next level?

**Draw Posture here:**