

LEAD YOURSELF NOW

The Busy Leader's 30-Day Guide

by Dr. Sheron C. Patterson

BOOK SYNOPSIS

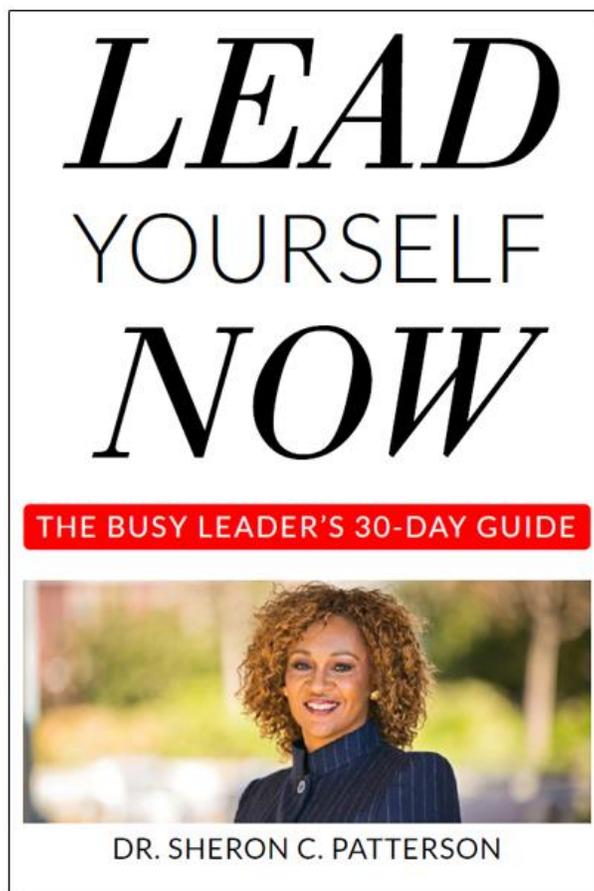
Even the busiest of leaders wisely realizes the need to put it in neutral in order to reflect and review their effectiveness. Advanced degrees and specialized skills have their place, but all of those mean nothing if the leader lacks inner leadership.

"Lead Yourself Now" is the busy leader's rescue from personal mayhem and costly career missteps. In 30 days, author Sheron Patterson takes leaders through a calendar of inner leadership skills that everyone should master. Her selected 30 leadership factors are relevant to today's changing landscape. They include traditional humility and perseverance to real-world cultural competence and charisma.

Daily challenges give the leader the fresh opportunity to appraise his/her skill level. Cautionary tales from the newsfeeds of high-profile figures fired and imprisoned inspired Patterson to prevent sabotaging her own career. She walks the land mine facing leaders daily with the help of inner leadership. This community-oriented author takes others with her on a restorative and reviving journey into the inner self.

Leadership through the lenses of this accomplished writer, national thought leader and glass-ceiling breaker offers a refreshingly unique perspective that gleans lessons from lives of mega stars like Oprah and Prince. Patterson also includes leadership lessons that shaped her asset. They include an encounter with a custodian who swept the floors of a university that she attended, and her multi-tasking father.

Whether you lead a team of executives or a group of volunteers, "Lead Yourself Now" equips you to get to the top and remain there.



SAMPLE CHAPTER

DAY 21 - Ability to take the heat

The title of “trailblazer” is often bestowed on me because I am one of the first African-American women to break the glass ceiling in ministry. This may sound admirable, even cool, but going through the gauntlet of “the first” is an oven set on 5,000 degrees. Without peers who looked like me, I felt alone and uncomfortable much of the time. One of the ways I sustained the scorching situation seems simple now, but it was life-saving back then. I came across an old, black & white photo of Dr. Edith Irby Jones, the first African-American woman to attend the University of Arkansas Medical School. Although she had been accepted to attend classes at the university, she was not allowed to use the same dining, lodging or bathroom facilities as other students. In the 1948 photo, Dr. Irby Jones is standing in a crowded hallway alone, looking shunned and ostracized, but composed. That is intense heat. Her story does end well. Dr. Irby Jones went on to become the first woman to be elected president of the National Medical Association.

Stifling issues always confront leaders. Heat can come from an angry customer, or from a colleague. The heat can be isolation, confrontation, humiliation or interrogation. There will always be something sizzling going on in your life. Get used to it. Regardless, leaders do not flee the scene of the conflict.

HOW CAN YOU DO THIS? Anticipate some type of stress or strain in your world. Do not be alarmed by troubling situations. They do not necessarily reflect on your leadership, but they dictate when you need to step into action. You must manage any crisis in your organization by, first of all, not creating any. Do not “throw others under the bus” or make others look bad. Do not stir up gossip and create confusion. When heat does come your way, do not run from it. Take it on. Develop a thick skin. Remember, that it’s usually not about you. Listen to what is being said without assuming the defensive position.

HERE IS WHAT I DO. As a veteran of heated situations, I have developed an internal fortitude that does not crack under pressure. I want to lead, and I accept worry-filled situations as a part of the territory. Mediation, quiet times and a constant exercise routine enable this.

SELF-TALK. I can take the heat, and I stand up for what is right. I anticipate challenging situations and hot tempers. My job is to resolve, lead through and restore harmony.

Take a few moments to reflect on these questions.

What sustains you in challenging situations? _____

Have you ever been hot-tempered in a situation? _____

What would you like to have done differently? _____

Put this to work: Look for an opportunity in the coming week to stand up for what is right, even if that means taking the heat of someone else’s wrath.

Daily Affirmation: I am strong enough to take the heat when faced with conflict.

Wellness Work: Sit up straight. It can boost your self-confidence, make you feel good and increase your productivity. Plus, sitting around slouchy is just so uncool.

ABOUT DR. SHERON PATTERSON



Dr. Sheron C. Patterson is a leader who responds to troubled times with action and expertise. The leadership crisis across the globe inspired her to create a tool that reverses the tide of leaders who crash and burn. Her most recent book *Lead Yourself Now: The Busy Leaders 30-Day Guide to Personal Success* is a clarion call to responsibility for all. The book inspires and empowers readers to get to the top, and stay on the top of their professions.

The often caustic relationships between the Police and African American Communities promoted Dr. Patterson, the daughter of a Policeman, to seek a path of dialogue and understanding between the two groups. She launched a social media platform known as *Black Police Daughter* on [Facebook](#) and [Twitter](#). From her intersection of being both Black and Blue, she builds bridges.

A leader in her own community, Dr. Patterson sits on the Board of Trustees of [Southern Methodist University](#) and the [Cary M. Maguire Center for Ethics and Public Policy](#). With 25 years as a relationship counselor, media personality and prolific author, Dr. Patterson has built a national reputation as an expert in matters of the heart, mind and soul. She's been featured in [Ebony](#), [JET](#), and [Essence](#) magazines, as well as on air with [CNN](#) and [BET](#). She is the author of seven additional books.

She is a trailblazer and glass ceiling breaker for women. Dr. Patterson is the first African American woman to be ordained in her region of the United States, and she has served as lead pastor of numerous congregations for more than 20 years. She is a relentless advocate and supporter of women. Dr. Patterson is currently the Communications Director for the [North Texas Conference](#) of [The United Methodist Church](#). In this role, she leads and drives brand positioning, new media product introductions, advertising, marketing, media relations, digital strategy and execution.

As a cancer survivor, she knows the importance of living life on purpose. After a cancer diagnosis in 2007, Dr. Patterson mounted a multi-media campaign to help women take control of their health and face their health problems head-on. She organized survivors of breast cancer into house-building programs for [Habitat for Humanity](#).

She launched a nonprofit, and raised thousands of dollars to help low-income and no-income women receive free mammograms.

As the daughter of a (recently deceased) Policeman, she is passionately involved in matters of the African American community and the Police. In 2016 she launched a social media presence with Facebook as [BlackPoliceDaughter](#) and Twitter [@BlckPoliceDau](#). Dr. Patterson is a frequent contributor to “[The Dallas Morning News](#)” on this topic as well.

Dr. Patterson holds an undergraduate degree from [Spelman College](#) in Atlanta, GA, two Master’s Degrees and a Doctor of Ministry degree from [Perkins School of Theology](#) at [Southern Methodist University](#) in Dallas, Texas. A native of Charlotte, North Carolina, Dr. Patterson is married to Robert L. Patterson Sr. Together they have two adult children.

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