

ACCEPTING
HELP

IS BETTER THAN

DECLINING
HELP

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Accepting Help is Better than Declining Help - from [Leadership Wisdoms](#)

On days when we are stressed and overwhelmed, our natural state is wrapped in the emotions of busyness. Our tendency will be to be defensive, as our ego takes control.

When this happens, rational thought flies out of the window and we tend to put barriers up. We protect ourselves and our feelings by making out we can cope. Showing that we are able to tough it out seems like a good thing, yet it is not the most productive way to be.

There is another way. By making time to *respond* - rather than *react* - we show consideration. So, by creating a little space to think, we *respond*, making better decisions as we accept the support from others.

It may be that when they offer to help, we choose to accept. An occasion when we say 'yes'. There are winners all round then, for we get the help we need and, the more importantly some would say, the person whose help we accept, feels better about themselves too.

For a leader, this is a powerful and kind way to be, for helping someone feel better about themselves is a strong leadership action. Enabling someone to show they care about us is so valuable and when we accept the help they offer, they grow in self-esteem, self-confidence and become a more capable person to have around in our team.

There is a bigger win though, for when they feel good about themselves, they learn to value themselves more and their confidence frees their creativity and contribution.

Not to mention how they feel about themselves, taking that into the bigger world of their lives too.

5 Steps to Accepting Help

1. Be open to offers of help when they are given – at least once a week to start with.
2. Notice opportunities to practice your *response*, which may normally be to decline.
3. Appreciate accepting help is a great relationship builder. It creates togetherness.
4. See the bigger picture in how letting someone help you, will build their self-esteem.
5. A different viewpoint on your problem might just mean you get a better outcome.

How will you accept help more often – and from whom?

About Martin

Martin Haworth is a leadership coach and trainer based in Gloucester England. He coaches individuals one-to-one developing their leadership skills, on their personal development and career planning. He also works with organisations helping them deliver effective leadership throughout their organisation in a kind, supportive and motivational way. martinhaworth.com



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