

Leadership expert shares his steps

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Members and guests of Altrusa International got a lesson in leadership at the second event of the club's 2011 Luncheon Series Thursday afternoon. Steve Anderson, founder of Integrated Leadership Systems, gave a presentation on leadership in a tough economy.

The series is co-sponsored by Alvetro Orthodontics, and proceeds help Altrusa provide scholarships for local students. The 2010 series allowed the group to give \$10,000 in scholarships. The lunch of salad with chicken, vegetable soup and pie was catered by The Spot.

"I'm here to bring hope," Anderson said. He shared his five steps for being a better leader — understanding emotions, making emotions work for you, turning stress into a positive thing, becoming process-focused instead of results-focused and creating an exciting dream.

Challenges

Anderson asked the audience to give him challenges of leading in today's economy. Responses were hiring good help; people thinking they don't have the finances; cooperation; people focused on what they don't have; and preparing for the future and retirement.

Anderson talked about his struggles growing up as one of "those Andersons." His family owns The Andersons Inc., a diversified agribusiness and retailing firm that operates grain elevators, distributes fertilizer and manages rail cars.

"The pressure to be successful was ... all I can do is screw up the family name," Anderson said. His mother died with he was a teenager, and his father remarried. "It wasn't a family, it was a zoo."

The stress caused him to sink into a major depression and seek therapy at 26 years old. Anderson said he didn't get better until he started understanding his emotions. After working through them, he decided he didn't want to work in the family business, he wanted to help people.

Starting ILS

He got a doctorate in psychology and combined it with his MBA to create Integrated Leadership Systems nine years ago.

"We made \$2,000 that year," he said, adding that he didn't let the fear make him quit. Last year, his company made \$400,000.

Anderson's second step in leadership is making your emotions work for you. He made a discovery in therapy



SDN Photo/Lindy Jurack

STEVE ANDERSON talks about leadership at the Altrusa Luncheon Series Thursday afternoon at St. Paul's United Church of Christ.

that changed his life.

"I wanted everybody to like me and when they don't, I feel anxious," he said.

His therapist told him to come to grips with the fact that his boss intimidated him and confront him. Terrified, Anderson told his boss what he was doing that he didn't like, and his boss said Anderson was right and it wouldn't happen again.

"That was in 1984, and my life has gotten better every day since then," Anderson said.

To make emotions work for you, Anderson said you must acknowledge what's wrong, accept it, assess it and act.

"If you don't do the first three, you're going to react to your environment," he said, adding that reacting to something else isn't leading.

Embrace stress

Stress is another key factor in leadership. Anderson sees it as a blessing because that's the only time he learns. He discussed cognitive behavioral psychology, which changed his life, he said.

"Everything that you aren't getting in your life is your responsibility," he said. His steps to making stress productive are activating events in your environment, believing in it, consequent emotion and dependent behavior. He encourages people to accept stress and deal with it because it's always going to be there; the alternative is "not breathing."

Anderson's fourth leadership step is becoming focused on the process instead of the results.

"We are a results-driven society. We want to win the race," he said. "Heck with all that stuff. I like to lose."

Stop worrying

Anderson said when you focus on results, you're less likely to succeed because you get too caught up in wanting to

win. He tells clients to stop worrying about making their dreams come true and focus on the steps it takes to get there. The important keys are to pick a direction, give the best effort you can and keep balance in your life.

"That's all you can control," he said.

Create a dream

The last of Anderson's leadership tactics is to create a dream that is intense and exciting. Starting his company and pursuing its vision statement "to become the most sought after leadership development organization in the world" was Anderson's dream.

"I love every minute of it," he said. "It's a ball to get out of bed every day." He told a story about his daughter who made a goal to win a championship race when she was in sixth grade. Through training and sheer determination, she made her goal come true.

Anderson asked the audience to close their eyes and visualize a dream without letting negative thoughts intervene.

"I want you to go home and make a commitment to do something about this," he said. "Not tomorrow, not next week — today."

Last luncheon

The Altrusa Luncheon Series will conclude on April 14 with Dr. Denis Waitley. Tickets are \$20 and may be purchased from any Altrusa member or at CR Frame Gallery, 115 S. Ohio Ave., and School's Locker Stocker, 126 E. Poplar St.

Altrusa International is a nonprofit service organization with special interest in literacy. The Sidney club engages in many varied philanthropic and service enterprises of local benefit with a special interest in scholarships for higher education for deserving local students.

Quarter auction to raise funds for MS Society

A quarter auction to benefit the Multiple Sclerosis Society will be held Thursday at the American Legion, 1265 Fourth Ave. Doors open at 6 p.m. and the event is from 6:30 to 8:30 p.m.

Admission is \$2 for the first paddle, which will be donated to the MS Society, and \$1 for each additional paddle. Guests are encouraged

to bring rolls of quarters. Auction items will be available from local independent consultants from Avon, Lia Sophia, Longaberger, Mary Kay Cosmetics, Pampered Chef, Partylite, Thirty One Gifts, Tupperware, Uppercase Living and Usborne Books.

MS is a chronic, often disabling disease that attacks the central nerv-

ous system. Symptoms may be mild, such as numbness in the limbs, or severe, such as paralysis or loss of vision. The progress and specific symptoms of MS are unpredictable and vary from one person to another. Today, new treatments and advances in research are giving hope to people affected by the disease.

Higgins-Madewell to perform at CD release party in Troy

TROY — Music duo Higgins-Madewell will perform in concert for their CD release party at Troy's Hobart Arena May 14 at 7:30 p.m.

The music of Higgins-Madewell is a combination of vocals, acoustic guitar and original lyrics that is difficult to classify into one specific genre. Their original music ranges from the country sound of their "Like A Stone" and "Spider Bite" to "Nothin' Like You" with its soulful classic rock sound. Their music appeals to a broad range of people, and their fan base reportedly spans from teens to retirees. The stage compatibility and humor of

a Higgins-Madewell show is often compared to Johnny Cash and June Carter.

Both artists have dedicated their careers to music, have a broad background of musical experience, and, in previous bands, have opened for many national acts. Their influences include AC/DC, Sheryl Crow, Johnny Cash, Janis Joplin, Jimi Hendrix and Beth Hart.

Tickets are on sale now at www.hobartarena.com or by calling (937) 339-2911. Tickets are priced at \$16 for general admission, \$21 for reserved seating and \$26 for VIP.



SDN Photo/Luke Gronneberg

Gala event

Emily Hesselbein, of Columbus, views the artwork of Christian Academy Schools' students. The pieces were up for bidding at the school's gala event recently. Student entertainment was provided, and beverages and refreshments were served.

YMCA NEWS

Saturday Night Live

On March 26 from 7 to 10 p.m., students in grades 1-6 can enjoy the pool, basketball, the youth center and much more in a structured environment. This event is complimentary.

Spring Break Bash

Register children now for the Spring Break Bash at the YMCA. Students grades K-6 will be

able to participate in organized sports activities, trips, crafts, youth center activities and swimming. The event is March 28 and 29 from 9 a.m. to 4 p.m. Fees are members \$50 and non-members \$70.

Kids Night Out

Kids Night Out will be held April 1 from 7 to 10 p.m. in the Kinetics Gym. Games, jumping

on the trampoline, arts, crafts and movies are all a part of this event for children ages 5-11. Fees are members \$10 and non-members \$15.

For more information on these or any other YMCA event, contact the Sidney-Shelby County YMCA at 492-9134 or register for programs online at www.sidneyymca.org.

CINEMARK
CINEMARK MIAMI VALLEY
SCHEDULE SAT 3/19 ONLY
PAUL (R) 11:45 2:15 4:50 7:25 10:05
LIMITLESS 11:50 2:25 5:05 7:40 10:20
LINCOLN LAWYER 12:10 3:30 6:50 9:25
MARS NEEDS MOMS 3-D ONLY (PG) 1:55 4:15 6:50 9:15
BATTLE: LOS ANGELES (PG-13) 12:20 3:45 6:40 9:45

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Serving: 11:00AM - 2:00PM
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\$16.00 general admission
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Tickets available at Ron & Nita's, Sidney Kroger and Gateway Arts Council
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