



Thomas Lundqvist

Lead yourself to success

Thomas Lundqvist has twice been nominated for Manager of the Year, a prestigious Swedish achievement award. He is a well read author and is frequently engaged as a lecturer. Thomas provides several tools and methods how to develop a successful personal management in order to lead yourself to success. He explains the power of simplicity when you want people to do what you want them to do. Thomas also brings tools for personal organization as the 2:1 method and the tickler file. Thomas states - To become successful you have to become an excellent listener and in order to change others, you need to change yourself. You can use this lecture as an instruction manual for your personal management.

The goal of the lecture

- Learn and practice tools for self leadership.
- Improve the way of organizing yourself.

Insikt - Coaching Questions

1. Exemplify, with an example that refers to your work life, how you can simplify to make it easier for others to do what you want them to do.
2. Is there a potential of improvement regarding how you organize yourself? What ideas from the lecture do you prefer to try?
3. Thomas explained the curse of knowledge - how we tend to think that we know, but we really don't. Can you think of one business related area, where you might have been effected by this "curse"?
4. Do you tend to procrastinate things? Chose one thing that you have postpone for a long time and decide to do it today. Remember the feeling when it's done.
5. How can you use gamification to get more focused?