

Weekly Wisdom

Grow the Green for You and Your Team



“You say impossible, but all I hear is ‘I’m possible.’”

-- Ted Lasso

Life & Leadership Lessons from *Ted Lasso*

In Wisdom and Wellbeing workshops, we ask participants to bring to mind someone whom they think is wise. If you're a fan of the show, you will agree that Ted Lasso is a fictional character with a lot to teach us about wisdom, life, and leadership.

There are several articles about leadership lessons from the American soccer coach who transforms a team, its fans, and various individuals along the way. Here are a few highlights to keep in mind as we try to be more like Ted.

Lead with empathy. Listen to others and put yourself in their shoes. Make others feel seen and heard.

Surround yourself with diverse people.

Make others feel as though they matter. Ask and remember names. Empower others to contribute.

Assume good intent. Seek to understand the “why” behind someone’s behavior. Be curious, not judgmental.

Celebrate the success of others. Do what you can to help them succeed.