

Episode 11 Judy Lester

Episode 11-

SELF-Leadership-Creating What You Want By Controlling What You Can

Intro:

If you have ever lived, worked or tried to learn in an unpleasant, judgmental, oppressive environment, you know how powerless it can make you feel. You feel victimized. You feel as if nothing you do makes a difference, or is appreciated.

Judy Lester was raised in a **“children are to be seen and not heard”** family, and worked in difficult environments. As a result **she developed keen listening and observation skills** and learned to **self-appreciate**. Ultimately, **she learned the art of self-leadership**. These skills, along with her innate tenacity and awareness, led to her success in the world of retail and as a **certified professional coach and leadership trainer**.

Host Cheryl C. Jones chats with Judy Lester about her **recommendations** for **rising above** your circumstances, **releasing** your inner victim and **creating** what you want by **controlling what you can**.

Summary

Judy attributes her self-leadership success to:

-Her Strong **Foundation of Faith**. She attends church regularly and is very active in serving God through others. She actively seeks the peace of God in hope and blessing.

-**Her father’s favorite quote** about getting what you want; “If you don’t get it, it’s yer own dern fault.” This instilled in her the absolute knowledge that she had to work hard to receive the blessings.

-**A very difficult supervisor** at a job she had as a young adult. He picked her apart and no matter what she tried and how hard she worked, he found fault.

It was then that she read the book, *7 Habits of Highly Effective People*, by Steven Covey.

Covey’s concept of the “Circle of Control” struck her.

She asked herself, “How can **I** respond to this supervisor differently, to make things better?”

She changed **her** thinking and began to respond to his criticism in ways that **made it more about him and his success**.

The Payoff-

It completely changed their relationship. He recommended her to a larger retailer that really ignited her career. She eventually developed a workshop around that success for team training.

Judy gives another great illustration where this practice paid off hugely- Hear her 9/11 story.

Judy's Best Practices for Getting Simply The Best Results in what you do?

1. **Listen, observe, lean in and serve** (*listen to the episode to hear more*)
2. **Vision casting**-(*listen to episode to hear more*)
3. **Create goals** that stretch you far into the distance (*listen for more*)
4. **Be intentional and make a plan** (*listen for more*)

Quotables by Judy

"If you don't get it, it's yer own dern fault." -Judy Lester's Father

"We're all imperfect humans and yet we are perfectly *ourselves*. Just be perfectly yourself."-Judy Lester

"You can only help and change yourself" -Judy Lester

"When you stop trying to control others, they can self-lead." -Judy Lester

"We don't have control of these (9/11) situations, but we do have control over how we respond to them." -Judy Lester

"Finding the resources to breakthrough and move forward is easy. You just have to be brave, go look for them and take them and do something."-Judy Lester

Up Next for Judy Lester

Supporting retailers to evolve their stories despite the pandemic.

Reflecting-Where do I make the most impact?

Helping students interested in retail, but not college, to build successful retail careers.

Expecting something bigger and bolder after this pandemic.

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