

# BECOMING A MULTI-RESTED LEADER



We've all heard of multi-tasking. It's the "art" of doing more than one thing at a time. It's something we think we need to be good at...even great at. I can eat lunch at my desk while answering e-mail and talking on the phone. All at the same time. I'm getting so much accomplished. Go me!

Hogwash.

According to VeryWell Mind, an award-winning source for reliable, up-to-date information on mental health, some research suggests that **multi-tasking actually hampers your productivity by reducing your comprehension, attention, and overall performance.**

In a recent VeryWell Mind article, Kendra Cherry states that our brains lack the ability to perform multiple tasks at the same time. When we *think* we are doing multiple things at once, we are *actually* going back and forth between tasks. The result?

- Multi-tasking is distracting.
- Multi-tasking slows you down.
- Multi-tasking impairs executive function.
- Multi-taskers make mistakes.



So let's replace multi-tasking with something new. **Let's quiet our minds, calm our hearts, and still our hands. In other words, let's become MULTI-RESTED leaders.**

# A QUIET MIND



Developing a quiet mind requires us to slow down. But we're not trained to do that, are we? In fact, we're trained to do the opposite--to speed things up, to push harder, to go farther. When we're going this fast, we can inadvertently check out our brains. It can be too complicated to think when we're busy getting things done.

Having a quiet mind means that we stop simply reacting to what we are experiencing. We can train our minds to be calm and at peace when we experience an input. Our mind can receive what we are experiencing, notice it, and not immediately do something in response.

But developing a quiet mind takes practice, and that's one reason why it's easier to shut off our brain, to stop thinking, and just DO something to deal with the situation at hand.

In his book [An Ocean of Light](#), Martin Laird describes three mental states. He calls them

## **Reactive mind - Receptive mind - Luminous mind**

This triad is helpful because of the questions it poses to us. What is my mind doing right now? Am I judging (reactive) what just happened, or am I curious to learn more? Am I taking time to consider (receptive) what I just experienced, or have I already decided what I'm going to do next? Am I considering how my actions will impact others (luminous), or am I just concerned with taking care of myself?

Here are some benefits of a quiet mind:

- A quiet mind creates space for wisdom to show up.
- A quiet mind allows time to remind ourselves what we have already learned.
- A quiet mind uses that learning again and again and again.
- A quiet mind seeks truth.
- A quiet mind \_\_\_\_\_ (*put your own answer here*)

## A CALM HEART



One day my wife and I were hiking at one of our favorite places, Aman Park. Donated to the city of Grand Rapids about 100 years ago by Jacob Aman, the park is known for its old-growth trees. There's a section on the outer rim of the park where you walk through what's known as a "holloway." It's one of our favorite places in the entire 300 acres.

Pictured below, a holloway is a passage where, over time, the path has become lower than its surrounding surface. This well-worn path is a space that is sheltered from the elements, a place that is a little quieter than the surrounding forest, and a great spot to take a breather.



Nurturing a calm heart requires cultivating spaces like this holloway, where our hearts can be calmed and prepared for the challenges and opportunities that lie ahead--places where we are able to tend and care for ourselves and remember what is truly important in our lives.

As you cultivate your own holloways, three truly helpful concepts can aid as you calm your heart: the concepts of faith, hope, and love.

- A faithful heart believes in the unseen.
- A hopeful heart looks toward a vibrant future that has yet to unfold.
- A loving heart looks for the best in those around you.

No matter your spiritual journey, faith, hope, and love can help nurture and calm your heart. Think of these three words as the three sides of your holloway. To your left--faith, to your right--hope, and under your feet--love.



# STILL HANDS



Our natural tendencies work against having still hands. We are do-ers. But we can learn to pause before acting, especially when there is conflict. Stilling our hands requires us to take on three helpful and important postures:

- **Patience.** Before you act, observe. Watch and wait; don't act immediately. Look for something to emerge without your intervention.
- **Wonder.** Before you act, be curious. Ask, "What's really happening here? Why is it happening? How might others be feeling? What can I learn before I take my next step?"
- **Humility.** Before you act, cultivate a posture of humility. Don't assume that you know others' thoughts or motivations. Instead, pose questions. Doing so allows you to learn someone else's perspective and to examine what's under the surface of an issue or a relationship.

Having **still hands**, a **calm heart**, and a **quiet mind** creates the multi-rested presence of a leader. Multi-resting is about mastering yourself--preparing yourself to be in the best head, heart, and hand space in everything that you do.

When we are in a multi-rested place, we can offer help to others from a posture of service, from a place of true calling, and through actions of authentic selflessness.



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