

PRAESTA

What Metaphors Catch Your Imagination?

Metaphors can stimulate our imagination and prompt us to look at things with a fresh perspective. What metaphors might ring true for you? Might a metaphor stretch your thinking about your approach to future challenges, and help you focus on where you can most make a difference?

Our booklet 'Leading for the long term: creating a sustainable future' was based around six metaphors. 'See the wood for the trees' and 'Stay calm amidst the storm' were the two that had particular resonance for our clients during tough periods.

Coaching conversations with leaders and teams have also regularly returned to metaphors such as:

- Put the rocks in the jar before you let any pebbles or sand go in
- Move off the dance floor so you can observe from the balcony
- Bottle the positives
- Look for the light at the end of the tunnel.
- Pace yourselves for a marathon, not a sprint
- Be conscious of the shadow you cast as a leader.

Might it be helpful to reflect on:

- What metaphors do you notice others are using? Can these give you clues and new insights into their personality and approach? For example, if they use sporting metaphors, are these about the solo effort or the team?
- Could you or they be using metaphors that unwittingly exclude team members who are not familiar with the context? If you still want to use these metaphors how do you ensure that their meaning is clear to all?
- What activities could be common to everyone in a team and provide parallels or metaphors relevant to their work context?

You may have one set of metaphors that you share with your teams, and another set that work for you personally and help to keep you grounded.