

[TROUBLE VIEWING?](#) Click Here to view the Promo card on the web

[SIGN-UP NOW!](#) Click to become a Member for Free!



LEADERSHIP MATTERS

INFORMING LEADERS.
INSPIRING SOLUTIONS.



DR. SHERYL
WHITE



TOM
WOLL



REHANA
ABSAR



UNDRAYE
HOWARD



ANN
KOERNER



Leadership Matters

Wednesday at 2 PM Pacific

June 2nd 2021: Special Encore Presentation:

Journaling: Why Every Leader Should Do It and Most Dont

Research has documented the positive effects associated with journaling, including the improved ability to form a coherent narrative and enhanced cognitive processing about the way people think about themselves and their relation to others in the world. Given the fact our leadership skills develop as a result of the insights we gain by processing our experiences – both positive and negative – journaling is key strategy for growing as a leader. Leadership guru Peter Drucker said, “Follow effective action with quiet reflection. From the quiet reflection will come even more effective action.”

[Read more](#)



Share This Episode



Connect with VoiceAmerica

Download our mobile apps



Come see what **VoiceAmerica's** hosts are writing, on **PressBlog!**

