

# Notes

## Introduction

1. Visit [lifemodel.org](http://lifemodel.org) for more material and free downloads on this approach to maturity.

## Chapter 1: Leaders We Love to Follow

1. Richard Davis, “We Need More Mature Leaders,” *Harvard Business Review*, October 18, 2011. Richard Davis, PhD, is CEO of Kilberry Leadership Advisors, a firm of management psychologists that provides executive assessment and development services to some of North America’s most prominent leaders. He is also author of *The Intangibles of Leadership*.
2. Ibid.
3. Margaret Heffernan, “Forget the Pecking Order at Work,” TED.com, May 2015, [https://www.ted.com/talks/margaret\\_heffernan\\_forget\\_the\\_pecking\\_order\\_at\\_work](https://www.ted.com/talks/margaret_heffernan_forget_the_pecking_order_at_work).
4. “Denmark Has the Best Work-Life Balance in Europe,” Study in Denmark, <http://studyindenmark.dk/news/denmark-has-the-best-work-life-balance-in-europe>. According to both the 2013 and 2016 World Happiness Report, Denmark was the world’s happiest country; Oliver Smith, “Denmark Regains Title of ‘World’s Happiest Country,’” March 16, 2016, <https://www.telegraph.co.uk/travel/news/denmark-regains-title-of-happiest-country/>.

5. We say this because infants younger than eighteen months of age handle every new emotion as if they are a different person. They need adults in their world to meet them in these emotions and help them learn how to act like themselves regardless of how they feel. Babies only learn how to regulate their emotions and recover with help from others. If they don't get that help, they will grow into children and eventually into adults who still function like infants when certain emotions get triggered.
6. "R.A.R.E. Leadership with Chad Krober," Justin Stoddard, YouTube video, October 5, 2019, <https://www.youtube.com/watch?v=-LFjyPvIVtg>.
7. Marcus Warner and Stefanie Hinman, *Building Bounce: How to Grow Emotional Resilience* (Carmel, IN: Deeper Walk International, 2020), 73–76.

### **Chapter 2: The Brain Science Behind Maturity**

1. For an excellent review of the differing functions of the left and right hemispheres of the brain, watch the TED Talk presentation by Iain McGilchrist, "The Divided Brain," October 2011, [https://www.ted.com/talks/iain\\_mcgilchrist\\_the\\_divided\\_brain](https://www.ted.com/talks/iain_mcgilchrist_the_divided_brain).
2. Social intelligence is a broader concept than EQ or emotional intelligence. It includes EQ but goes beyond that to include our competence at engaging within the social systems of our world.

### **Chapter 3: Mature Leadership in Practice**

1. The description of this nursing unit was inspired by material found in Dr. Paul White's book, *The Vibrant Workplace: Overcoming the Obstacles to Building a Culture of Appreciation* (Chicago: Northfield, 2017).
2. Zach Lenz, "Swinney Found Joy in the Moment—Not the Accomplishment," *Sports Illustrated*, April 16, 2019, <https://www.si.com/college/clemson/football/swinney-found-joy-in-the-moment-not-the-accomplish>.

### **Chapter 7: Endure Hardship Well**

1. The Life Model is an idealized paradigm of how maturity development is supposed to happen at each stage of life. It was developed by Jim Wilder and the team at Shepherd's House in Southern California.