

# LEADERSHIP DISEASE CHECKLIST B3. RSP (RELASEATPARESIS)

## SYMPTOMS - Signs & Causes

Are you experiencing any of these now or in the past? Which apply to you?

- You are not sure what you would do if you were not in your leadership role.
- You enjoy when people laud your longevity in certain leadership roles.
- Some people wonder if they will have to carry your dead body out of your last meeting.
- You agree to stay in your leadership role just one more year, again.
- At meetings and events, you always have an agenda and targeted people you need to speak to.
- You feel like you might lose access to information or your friends if you step down from your role.
- You view younger or newer leaders as inexperienced, have not paid their dues, and need to work their way up like you did.
- You intentionally or unintentionally leave people out of the information loop.
- You are concerned that you will no longer have anything to give back.
- You fear that a loss of your role will leave your life empty.
- You received your 20-year pin for serving as an officer in an organization.
- You do not take the time to introduce aspiring leaders to more establish leaders.
- Someone told you that you are clearly one of the *good ole boys (or girls)*.
- You are always too busy talking to the important people and have no time for newer folks.
- You believe the younger crowd does not understand the issues and problems.
- You find yourself standing in a tight circle where no one can catch your eye or gain entry.
- It feels like you have been in a specific leadership role forever.
- You are concerned you will not know what to do if you step out of your current roles.
- You wonder why you are still in certain leadership roles after so many years.
- You look around and do not see anyone who aspires to your position.
- You are concerned that stepping down might mean you are not valuable and not making a difference.
- You think you have served in every position or role in an organization.
- You tell yourself you need to stay in the leadership role because no one can or will do it.
- You do not want to give up the trappings or perks which come with your role.

**RSP (RELASEATPARESIS) - SYMPTOMS: Total Score:**