



E is for Exit: Ten Exiting Strategies

Helping Leaders Find Their Voice, Take Action, and Get Results

Training and Coaching Services for Leaders and Managers in the Middle

[Every new beginning comes from some other beginning's end](#)

Exiting and Entering are opposites and complementary.

Exiting and being happily evicted resonated with many, I heard from those who were getting ready to retire, leave a job, build a skill, move, or stop a relationship.

This edition includes a Top Ten list of exiting strategies that I've used both professionally and personally.

Enjoy and hope to see you at one of the public upcoming events,

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Top Ten Exiting Strategies and Questions to Ask

1. Pick a Date and Graduate - Not all exits are bad. Completing school or projects are reasons to celebrate and do something that is meaningful and acknowledges the exit, like a party or ceremony. If exiting something is hard, pick a date and create a public celebration to honor the exit. It could be as simple as shouting it out on social media, celebrating a meal with a friend, or sending yourself a gift in the mail. Celebrate the ending. Divorce parties are becoming popular.

What ceremony can you create to honor your exit?

2. Find a Partner in Crime - Finding yourself hesitant to exit or wanting to exit too fast? Who else do you know who is in a similar situation who needs to exit? Having a buddy can validate your decision and provide you with someone to compare notes, someone to offer and receive emotional support from, and generally who will make exiting smoother and easier. **Who's your exiting buddy?**

3. Hold Yourself Accountable - Like anyone who commits to something out loud in front of other people, you are more likely to do it. **What do you need to say, and to whom, about your commitment to exit?**

4. Use the Three-Strikes-Out Rule - Know yourself and be specific about what's acceptable and what isn't. If I don't (deliver, get money, get promotion, get included) If they don't (listen, follow rules, say thank you, stop cheating) If I can't do this by this date, I'm out, I'm leaving, I'm done. Here's an example, if they don't finish after three tries, they are fired! **What are your boundaries and limits?**

5. Use Analysis and Logic - Are you a distributor of eight-track tapes and have been since 1971? There are facts and figures that show that cassette tapes are a dying business, so why are you trying to grow it? Your own pro and con list or a SWOT table (Your Strengths, Your Weaknesses, External Opportunities, External Threats) are just two tools you can use to apply logic. **Are the facts telling you to exit?**

6. Trust your Intuition - Intuition is your unconscious pattern recognition device. It finds connections between a new situation and past experiences. Even then it may be hard to express what your intuition is saying in an analytical and logical way. Learn to listen to your intuition and be curious about it, even if there is no seemingly apparent logic there. **Is your gut screaming at you to leave?**

7. Make an Exit Game - How many days and ways? What can you count and measure about numbers relevant to exiting? How many ways can you make it a healthy exit (acknowledgements, thank you, clean ups, transitions) How many lessons can you learn before exiting? **What's the name of your exit game and how do you play it?**

8. Separate Feelings from Actions - Exiting can be emotional, difficult, uncomfortable, and not like anything else you have done. There may be strong feelings of loss, longing, relief, or joy. Plan for these feelings, know that they will arise. Notice them and know how you want to respond to them. Simply notice the feeling and say, there goes my brain releasing chemicals and producing a sensation of _ _ _ _ (whatever your feelings are). I know what I want to do and will continue to exit. What action or behaviors might stop you from exiting? **How can you plan alternative behaviors or actions when those feeling arise?**

9. Be compassionate with yourself and know your exit style - Exiting is natural. We all have at least one grand exit in life, death. Know that changing and exiting is part of life, whether it's the small things like a job or house or friendship or your final exit. Accept that there will be many exits in your life and that it is natural. As each human being and culture is different so is our preferred exit style. Do you want to go out in a grand exit like Tom Cruise in "Jerry Maguire"? Or quietly like Carl Sandburg's fog that comes "on little cat feet"? **What's your personal exit style - grand, quiet, harmonious, learning-focused, fun?**

10. Focus on Entering - What's next? Where are you going after you exit? By exiting this job, situation, place, or relationship what is now possible? What new doors might open up that are

more fulfilling, interesting or better-aligned to you? By focusing on the possibility of what's next and making it as tangible and real as possible, it can provide that extra push or energy to exit.

Where are you entering next?

Bonus Strategy: Run. If all else fails, just go!



Entering Quotes

The Practical: *When you enter a labyrinth don't forget your ball of twine.* ~ Mark Twain

The Thinker: *There are moments when troubles enter our lives and we can do nothing to avoid them. But they are there for a reason. Only when we have overcome them will we understand why they were there* ~ Paulo Coelho

The Spiritual: *Your treasure--your perfection--is within you already. But to claim it, you must leave the buy commotion of the mind and abandon the desires of the ego and enter into the silence of the heart.* ~ Elizabeth Gilbert

The Pessimist: *All hope abandon, ye who enter here.* ~ Dante Alighieri

The Dreamer: *Here you leave today and enter the world of yesterday, tomorrow, and fantasy.* ~ Walt Disney



Public Events

[Team Coaching for Projects](#)

Central Mass PMI Chapter Meeting,
November 10, evening

It's common knowledge that coaching can help individuals improve skills, gain confidence and successfully meet objectives. But when it comes to coaching teams, and in particular project teams, there is a significant added value that augments the overall success of the project itself. Team coaching builds trust among members, fosters collaboration and teaches



the group how to be proactive in problem solving and risk resolution.

[Women Inspiring Women Conference](#)

Manchester, NH, Friday, November 13th, day

Jack Canfield is the keynote speaker and many other amazing speakers and exhibits. I'll be facilitating a Leadership open round-table after lunch, hope to see you at the conference!

[Massachusetts Conference for Women](#)

Boston, MA, Thursday, December 10th, day

I'll be at the coaches' corner in the career-pavilion offering complimentary coaching to all attendees. Hope to see you there.

[My Amazon Book Review: Discover Your True North](#)

Leaders are made rather than born. The process of becoming a leader is much the same as becoming an integrated human being, Warren Bemis noted. Warren is considered a pioneer in the field of Leadership. Bill George is carrying on Warren's work in True North. Bill's work crosses the bridge between academy and practice. In this updated version the premise is that today authenticity is the gold standard for Leadership. True North is about how to become an authentic leader and who are effective and authentic leaders today



[About US:](#)

Star Leadership offers coaching, training and consulting services for business.

What makes Star Leadership LLC unique is the focus and delivery of measurable goals and proven results in

the areas of communication, leadership and teams. Our approach is direct, results-oriented and geared to the bottom line. We are able to quickly map, translate and align your broader vision to the concrete details of skills and behaviors. We have an impact on the results you want in an open, informal, non-judgmental and supportive way. We take pride in providing a wide array of experienced associates, resources, and expertise to be brought into play as needed to help clients. Star Dargin is the founder and has been creating vision and direction for the company since 1996.

What We Can Offer You

Star Leadership has a wide variety of talented coaches for your business and training's. The coaches have success and experience in many industries and with many levels within client organizations.

Coaching Match Making and Process

We create a custom process for your success and supply potential coaches.

Workshops & Training

Workshops are one-hour, half-day, one- or two-day.

Alignment and Development of Ideas and Vision into a Successful Project - NEW

Team Coaching

Influencing: One Size Does Not Fit All

Leadership ABC's Workshop

Succeeding in a Matrix Work Environment

Emotional Intelligence

Project Management Essentials for Professionals

Project Management Hands On Workshop

Project Management Simulation Workshop

Women and Leadership

Coaching for Managers and Leaders

Team CARE Profile and Build It Workshop

Topics for Speaking Engagements:

Influencing: One Size Does Not Fit All

Team Coaching: A Game Changer

Leadership ABC's, Each Letter is A Topic!

Leading, Coaching, Managing: Which Hat to Wear and When?

Measuring Intangibles for Success (or How to Manage a Coaching Engagement like a Project)

Women and Leadership

Leadership ABC's series includes:

A is for Awareness, B is for Balance, C is for Communication ...Z is for Zoo. I is for influencing one hour FREE Webinar recording is available for download, contact me.

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