



## Delegation ... the power of many

Henry Ford, the man who first made motor vehicles affordable for middle class families, said, “Coming together is a beginning, keeping together is progress but *working together* is success.” Working together, sharing a vision and cooperating with the goal in mind, can help people achieve wonderful things. Raising a family that thrives can be achieved by adopting the same formula and requires the skill of delegation.

### Choose what you can delegate

Whether it's manufacturing cars or managing a household there are a multitude of tasks that 'bring it all together'. Overwhelm results when one person tries to do too much and this may result in breakdown if action isn't taken. The antidote is delegation, **harnessing the power of the team** for the benefit of all.

Even very young children soon learn that their efforts matter when they're trusted with simple tasks. **Show** them how they can help, **trust** them to do what you ask to the best of their ability, give them the **praise** they deserve and they'll want to help again, because it feels good. By the time they're BIG kids their help will make a BIG difference! Partners, extended family and friends all love to know they're trusted to do what they can.

### Trust results in confidence

Leadership teams in business recognise that delegation results in trust and family life is much the same. Trust others to help plan and prepare a meal, to clean up after the dog, to sort the laundry or to make suggestions for the next family holiday and they'll learn that they matter, that you rely on them and that they're a valuable part of the team. Don't just delegate the task, delegate the responsibility that goes with the task for a super confidence booster. Feeling trusted leads to competency and that results in confidence.

### Let go of the inner 'control freak'

If you've ever been micro-managed you'll know how it feels to work with a control freak; afraid of getting it wrong and convinced you can never do it right leads to a spirit of competition. If everything needs to be done your way or no way it will be difficult to harness the help of others. Thoughtful delegation and working together results in mutual respect and trust, the stuff of success! If you feel like you've got too much to do, what can you entrust to someone else this week?

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au).

©Bare Hands 2015

- ✓ Delegation is a 3 step process: **SHOW** them, **TRUST** them, **PRAISE** them.
- ✓ Delegate the responsibility, not just the task.
- ✓ Remember, success is 'working together'.

**“Sticks in a bundle are unbreakable.”**

Kenyan Proverb

Encouraging women to develop and enjoy dynamic family relationships is Laurie's special focus. With four children, a clinical practice and as the co-founder of Bare Hands, she understands many of the challenges of modern day families and has spent the last 30 years studying and practising strategies and skills that really make a difference.



Laurie Morrison Co-founder Bare Hands, Mother, B.HSc, Strategic Psychotherapist.

**Bare Hands**  
Practical life strategies for women