

## Leader, Fear and Communication an Analysis

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### ABSTRACT

It is not audacious behaviours that define a leader. Instead, these leaders avoid ordinary people, remaining unimpeded by daily concerns. A benign sensation arises in leaders who observe positive changes in their employees' behaviour. Positivity in individuals is praised for enhanced productivity and reduced turnover. A leader has no role without followers. Intentional communication occurs when individuals successfully uphold balance. Grasping others is enhanced by possessing a distinct perspective. In times of difficulty, a leader recognizes potential and changes the constraints imposed by the illusion of fear, as it uncovers mistaken beliefs that hinder individuals. A descriptive research approach is utilized for this study. Previously, no realistic attempt had been made to establish such a correlation, leading to the conclusion that this study would be enriching, useful, and intriguing. The results will provide insight into the significance and could help enhance efficiency in leaders while also supporting additional research on the topic.

**Keywords:** *Leader, Purposeful Communication, Power of thinking, Challenges, Fear*

There is no doubt that successful people are passionately focused. Success is a combined effort and it requires people to support. A leader is enervated in the absence of people. It is enigmatic that generally we find transactional people. What makes a person leader? We can safely assume that leaders are different from ordinary people whose life is truncated by routine matters. In certain cases a leader can emerge by taking advantage of a weak position. To understand this, people should comprehend the foundation for Purposeful communication. Leaders have an innate knowledge or an intuitive mind to understand the power of words and use them seemingly well in the correct opportunity. Never! People are not mind readers. A satisfactory feeling develops in leaders who find behaviour improvements in the workers. There are people with different kinds of priority. A clear vision can improve our sense of understanding people. People will love you for it. Thankfulness should be a matter of habit for a leader. Inner self of a leader and followers decides the happiness spectrum. Good habits translate to happy life and thus enhance lives. Ego and super ego are stages of human mind. It is true that happiness can be found by stepping up a leader's vision. The habit of elevation over other people's problem does not actually raise the individual's happiness index. A good leader doesn't make excuses or blame others for their own failures in life. To build strong relationships the requirement is devotion, empathy and spending quality time with the people.

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Successful people burgeon owing to abstemious approbation of archaic and audacious austere. Candid and credulous dictum is that they are passionately focused. It is not effrontery habits which make a leader. Offensively malodorous a leader can emerge by taking advantage of a weak position. Leaders have florid knowledge or gambol mind to glib the power of words and use them seemingly impecunious in the correct opportunity. An innocuous feeling develops in leaders who find behaviour improvements in the workers. Positivity in people is lionized by better output and lower turnover rate. Machination is common in people with different kinds of priority. Sagacious vision can improve our sense of understanding people. Salubrious habits transmute to happy life and thus enhance lives. Ego and super ego are stages which vituperate human mind. It revolutionizes for the better if events are viewed through eyes of hope, and opportunities. Diminutive augmentation can produce great conclusion, in the same way in life the genuine way to get to prominence is through small, continuous steps. Accomplishment is a combined effort and it requires people to support. A leader is without work in the absence of people. If the greatest resource is people, then the principal outlay should be in them and not in others. So we need a transformational leader who can cultivate, nurture, and develop people. Leadership becomes direction after a stage, especially when the leader assumes more responsibilities or his sphere of influence becomes larger. It is the ability to understand the opportunity provided and works in a larger framework makes a leader different from others. That is to say that lower communication resulted in high turnover, poor return to shareholders, lesser market premium and poor employee engagement. Purposeful Communication exists when individuals effectively maintain equilibrium. When human beings manifest creation in the mind and dominant idea is communicated to the world through a set of words purposeful communication develops. Fear is can be understood as the incorrect SWOT analysis of the situation presented. Human mind has the unique ability of thinking and intuition. There are people with different kinds of priority. Understanding people is accentuated by having a clear vision. More often than not while looking good in others a leader improves the output and creates an empowered group. When faced with challenges a leader realises the potential and transforms the limitations caused by the falsehood of fear, because it reveals false assumptions that limits people. Leadership may be considered as a mind game in the light of importance for positive thinking. Being constrained by petty thoughts and stressing over inconsequential events prevent the eventual happiness spectrum. The habit of elation over other people's problem does not actually raise the individual's happiness index. To commit into the present and the work being undertaken is the way forward for a leader. Prerequisite for strong relationships is commitment, empathy and spending quality time with the people.

### LITERATURE REVIEW

A Course in Personality Development Gopikrishnan Munit (2006). This book gives an introduction to personality development with a correlation to theories of Freud and Erickson. Furthermore the concept of success and failure along with a SWOT analysis of causes of failure is provided. Further it analyses attitude and motivation. The aspect of self esteem and its influence of human behaviour and response to situation are elaborated. It defines the difference between aggressive, submissive and assertive behaviours and lateral thinking.

Personality Development through Life Skills, Ms. Adhila Hassan (2019). This book goes into positive think and adaptive behaviour which means that a person should have the flexibility to adjust according to the situation. As per the author for positive behaviour, a person needs to have positive thinking and look at opportunities even in difficult situations, in order to cope with the situation.

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Personality Development, Swami Vivekananda Advaita Ashrama Publication Department, Trio Press Kolkata (2009), The book brings out that improvement of one's personality, done in the precise approach, is a demanding and gratifying mission for every individual, predominantly for the vigorous formative years who can gain much from it. It is challenging in that it demands unbreakable, meticulous effort, perseverance, and careful attention. It is rewarding since no effort in this direction goes in vain. In fact, every effort brings success and satisfaction proportionate to the attempt. Moreover, it is every person's duty to work towards it, since personality development is necessary for success in any field. In the writings, talks, and lectures of Swami Vivekananda, constructive ideas relating to personality development are profusely scattered. The booklet has included an illuminating introduction.

Soft Skills and Personality Development CA, M K Sridhar Southern India Regional Council, The Institute of Chartered Accountants of India (2022). This e-book gives the immeasurable understanding on soft skills which are needed to deal with the external world and to work in a concerted approach with colleagues. These skills include effective communication, leadership and teamwork skills, demonstrating problem solving abilities, initiative, and motivation skills, displaying honesty and strong work ethics. This e-book also provides essentially personal development skills like personal attributes, personality traits, inherent social cues and communication abilities. Developing these skills involves the process of self-improvement which focuses on strengthening one knowledge, capabilities and self-awareness to reach their personal goals.

Little Black Book for Stunning Success, Robin Sharma. The author makes positive manipulation of colloquial usage with positive outlook. For example as per the author 'If you call a stumbling block a "problem" or "a big mess" you will create a different emotional state within you than if you call the issue "an opportunity" or "a challenge that will only make me better."' His experiences as a success coach; to work with many oddly victorious people from around the world has been included in the book. As per the author one of their core traits of greatness is that the vast majority of them understand the power of the word. They use world-class language.

Happiness Is a Habit, Dr. Kris Heap This book is based off of the blog post "22 Things That Happy People Do differently" by the very talented Chiara Fucarino. Human beings are all born happy remaining jovial takes some effort. Any new skill takes some time and effort to develop, but over the time it becomes innate and it is done without even thinking.

## **METHODOLOGY**

Descriptive Research has been used considering the various facets of human involvement in the development of a leader and his team. Here the characteristics of such a relation are identified and analyzed from the point of view of increasing gap without fallacious reasoning. Analysis would be related to the following aspects;

1. Power of thinking as an influential factor in the emergence of a leader.
2. Do insignificant transformations lead to real and sustained redecoration?
3. Importance of purposeful communication on leader.
4. Why is it that the natural reaction in many people is flight from the environment?
5. Why quintessential phenomenon risk taking and positive thinking is attributed to a leader?
6. Does a challenge improve a person and if one chooses to run away it follows till the challenge overtakes and become fear.

7. Can preparation for an event or challenge can make the work become more upbeat and productive.

In descriptive research the progression does not answer questions about how/why/when the characteristics occurred but describe the features of the system under analysis and suggest a step forward.

### **ANALYSIS**

#### ***Power of thinking and leader***

British Prime Minister Benjamin Disraeli reported to have been said and it was communicated in a good way, “You will never go higher than your thinking.” So the leader in each human being is promoted by the power of thinking. The bigger question is can a person act bigger than his thoughts. Rarely! Then what about animals? Some of the moves made by lions when they hunt for prey as a pride lead us to believe that they also think and sometimes dream big, to hunt bigger animals like elephant or rhinoceros. When the dreams are shallow you'll play small. These perceptions change every facet of human lives. There is no doubt that successful people are passionately focused. Strangely they have a clear understanding of life and the end game is materialised through a strict discipline. (Adhila, 2021) These people become successful through such a process which would appear to be an easy development. It may be called as swan effect where the flow of the bird is apparently very smooth without projecting to the outside world the hard work which takes place beneath the water surface. The preeminent approach to generate impressive consequence in the most essential areas of existence is through daily run through. The theorist Arthur Schopenhauer once said: “Most people take the limits of their vision to be the limits of the world. A few do not. Join them.” Philosophical statement! Approval of the most obvious is transitory, as time passes it is bound to change. It changes for the better if events are viewed through eyes of hope, and opportunities. On the other hand, a person may be viewing things through the eyes of fears, limitations and false assumptions. Then there are despair and collapse. Once the prism of vision is changed and we clean up the stained glass window a whole new set of possibilities emerge. (Ananga Sivyer, (2007)

#### ***Insignificant transformations and leader***

Kaizan is widely adopted in industrial circles for improvement. Small improvements to produce great outcome, similarly, in life a realistic way to get to greatness is through small, continuous steps. Try with a small step at every convenient opportunity. Cumulatively over a period they would make phenomenal changes. This applies equally for every other area of life, from relationships to career. Small steps are big steps. (Celestine Chua, 2020) We may be surprised to find that some of our diminutive conclusions can have profound impact over a period of time. Insignificant transformations lead to real and sustained redecoration. It may be prudent to highlight that the age is of innovation and transformation. One decision made over short time can be a springboard to stimulate greater defined movements to lead the wildest of dreams into reality. By spending little bit of time which is affordable and convenient at any time of the day meditating can move a person to achievable thoughts or dreams that can be transformed into creative activity. Innovation can be attempted by people who have adequate knowledge about the subject and can think in their own way. (Christopher R Edgar, 2008) Contemplate the same thoughts, it will produce similar results. We have a whole set of new ideas emerging in start-ups but then most of them are they plagiarised from China or other western nations. In many cases it is shameless plagiarism and not out of box thinking. Business doesn't need more impressionists but more innovators. Byju's came up with edu-tech, too many copy cats came up and many perished. It is not that

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the process of start-up failed but poor ideas failure. There is too much copying and remember no organization can get to extraordinary without people. Success is a combined effort and it requires people to support. It is important that as a leader be courteous, and uses their name when engaging in a conversation. A transformational leader may not get quick success but phenomenal success at a later stage. When the realization sets in that the job is no longer interesting quit because playing less than ones potential fade away self-respect. A leader is without work in the absence of people. Mostly we find transactional people. (Chris Guillebeau, 2009) Recent reciprocal tariff rage is live example. If the greatest resource is people, then it only makes sense that biggest investment should be in people. So we need a transformational leader who can cultivate, nurture, and develop people. Contrary to this in modern times when the balance sheet shrink companies look at reducing the training budget. Strange but it happens. Leadership becomes direction after a stage, especially when leader assumes more responsibilities or his sphere of influence becomes larger. (Gopikrishnan M, 2016) (James Allen, 2012)

A very senior veteran remarked “In army one does not look at the number of cars you have or the brand of your coat but outlook”. Very true leadership is rarely counted by chauffeur driven car or the business card. It is how vision is moving forward. It is the ability to perceive the best rationale in situations. (James Clear, 2002) We can call this philosophy as a point of view or way of thinking or state of mind. A grocery shop sales attendant shows leadership when she quickly diagnosed a problem assumes personal responsibility and make the right decision. And she wowed her customer in the process. How does it happen? Is it empathy or something else? It is probably an innate understanding of human behaviour and a persistent attachment to the job above pay and promotion. What makes a person leader? Probably the ability to understand the opportunity provided and works in a larger framework. We can safely assume that these leaders are different from ordinary people, whose life is truncated by routine matters. (Kris Heap, 2019) They look for the pre-eminence in people. The other day I happened to be at a funeral ceremony. There was a close relative of the dead person characteristically absent. While all weapons were out there were leaders who tried to get to the bottom with a rationale that it may be a time management problem to coach around or a sick child to help. (Leo Babauta, 2017)

An error on an expense account could be the result of a poor process in place or a social set up. The miscommunication might be all about the person communicating having weak skills in this area. But then the leader can find an opportunity for improvement, and work for betterment. That is the difference found in a leader. (Mind Tools, 2019) In certain cases a leader can emerge by taking advantage of a weak position. Like say! by invoking a sense of insecurity the person can appear as a saviour. When the economy is bad or law and order situation is weak such leaders emerge. Recent cases of ISIS, Hamas or Hezbollah and even show casing of retaliatory tariff by Trump are cases which can be related to such a psyche. Why should the people knowing well that it is a false propaganda fall for it. Probably they are indecisive and by the time truth comes out, it is too late.

### ***Purposeful Communication and leader***

Without a shred of doubt the development of purposeful communication has found its dominance in all forms of activities, may it be business world or otherwise. Copious investigations have etched a definitive role for focused consultation in organizational performance, productivity, and employee engagement. (Robin Sharma, 2016) It is natural that we identify an important role for employees know how to communicate effectively! The necessity has increased manifold due to the transparency which has facilitated end

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participants of supply chain being able to converse candidly with technical support people. (Scott Young, 2009) We would also find that short cycle time necessitates skill to communicate effectively and that includes cross communication as well. Let us graduate to the relationship between implementation and persistent communication. In 2005 Watson Wyatt found a positive correlation between communication and a number of measures of organizational performance. That is to say that lower communication resulted in high turnover, poor return to shareholders, lesser market premium and poor employee engagement. Griffith (2002) investigated communication efficacy in the overall context and asserted, "Communication underlies the effectiveness of coordinating exchange activities, developing strong relationships, which results in improved performance." Schmidt (2005) identified that successful communication an important attribute in transforming challenges of organizational catastrophe into a chance to gain viable advantage. Purposeful Communication can be considered as one of the leading indicators of individual and organizational performance. To understand this, people should appreciate the foundation for Purposeful Communication. (Sridhar M K, 2022) It exists when individuals effectively maintain equilibrium with two forms of transmission apprehension: relationship apprehension and task tension. To even out these requires both a desire to communicate effectively and skills that address each of these forms of tension. How do we communicate? One of the ways is by using convenient language which can be understood by the sender and receiver/audience. Hence it is the language which offers a structure for import. How do we understand the world? It is through words. We manifest creation in our mind and that dominant idea is communicated to the world through a set of words. (Stacey Hoffer Weckstein, 2008) So the most important instrument the leader posses are thorough understanding of purposeful communication. The words used uncover the way leader identify actuality. An issue at hand may be denominated as 'stumbling block' or a 'problem' or 'a mess' or a 'catastrophe' or an 'opportunity' or a 'challenge'. Though all these words lead to the ground reality, if you call it as 'stumbling block' or a 'problem' or 'a mess' or a 'catastrophe', the impression created lacks positivity and thus despair and absence of enthusiasm, whereas if on the other hand they are conveyed as an 'opportunity' or a 'challenge' the emotional state created in the audience is much different. (Steven Handel, 2018) Leaders have an innate knowledge or an intuitive mind to understand the power of words and use them seemingly well in the correct opportunity. There are certain leaders who try to identify with the ignorance of poor people who may be less educated or well educated, with bombastic words to obtain a self praise. They do not use world-class language, because they may not be comfortable with it. The greatness in them is with the fact that they desist from using coarse language, but the language of enthusiasm. (Steve Pavlina, 2013) That is the expression of leadership and possibility. Accomplishment is actually a well adapted facet of human beings howsoever big or small it may be. To succeed is an inherent quest in every individual and naturally an ingenious hunt and a well appreciated habit. As a person the ability to transform activities to a successful conclusion is because people are developed to be good at what we do. Without substance, the whole journey of life will appear futile. There's nothing wrong with being an elite performer and taking the steps required to become a remarkable success in this world. Why does such a thought process invoke every sane mind in the world? It is because of the intrinsic mind which prompts everyone to leave the world in a better shape than the one which was experienced through the journey of life.

### **Fear and leader**

Is there a feeling called fear? It is a phenomenon which occurs in an individual when the confidence level drops below acceptable minimum and continues as long as the

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concentration remains average. (Swami Vivekananda, 2009) When it falls below average then the person regains confidence and fights back. Fear can be bloodcurdling. The natural reaction in many people is flight from the environment. Does it happen, yes, when it surfaces, we are apprehensive to run? The moment a person starts fear flight, the tendency is to avoid rather than giving a fight. Is it good? Never! Let us imagine that a kidnapper lands in to a person's house, abducts a child and then when the victim can fight back by killing or in injuring the attacker meekly surrenders. The outcome will not be a peaceful conclusion of the incidence, but the fear provides kidnapper more confidence and opportunity to torment the victim. Whereas come what may, if the attacker is shot dead, the incident may go in for a better closure. To manipulate from fright is to run from the virtuosity a person is meant to be. (The Kybalion, 1912) A fear is nothing but an opportunity into the uppermost version of highest vision. It transforms a person to use the intellect to provide a brighter solution, which is never needed to contemplate in the future. A step in this direction provides a wealth of confidence and ability to meet future challenging situations most admirably. It is characteristic that some people do not find positivity in any activity. Why does it happen or should it happen. Even in the worst case scenario, when a person shows up at work with all the enthusiasm that can be genuinely mustered, a well meaning set of workers is produced. See the best in any activity as the opportunity amidst a seeming setback. Recently there was an ignoble terror attack at Pahalgam in Kashmir in which 26 able bodied males were massacred. As per reports but for one audacious person no one else gave fight. Was it fear for life or fear for safety or fear caused by lack of mental toughness of a generation which has been brought up in easy life? If it was fear for life or safety of the family then they should have given a fight. One of the greatest faculties of human mind is the process of thinking and intuition. These activities recreate human life with outcomes. For these outcomes a mental process or deliberations take place which may include acquired knowledge and prior experiences. Out of these some become concrete thoughts which results in reality. As a leader for every person met, suggested by articulation a pen picture of the individual created a pedigree. (Tom Peters, 2006) There may be empathy, pity, admiration or hatred assumed to be the fall out as a result of such an involvement. Here the association becomes businesslike in the case of a transactional approach and paternalistic in the case of a transformational approach. Choice of approach may be dictated by the situation and character of the subordinate or followers. A holistic approach may lead to a total commitment to the worker and thus the benefit passes on to the customer or followers. People are not mind readers. They need to know what's meaningful to you, and if you ask nicely, they just might say yes. A satisfactory feeling develops in leaders who find behaviour improvements in the workers. Positivity in people gets rewarded by better output and lower turnover rate. These two factors are important for productivity. There are people with different kinds of priority. Classification of people in to type A, B, C and D are diminutive but people who do skilful things get to experience great feelings. Priorities of individuals vary due to various reasons but careful thoughts and acts can improve the group. Success may not be always in quantitative terms but then whatever terms a person sets in one must be willing to risk greatly to reach personal mountaintop and authentic definition of success. Challenges improve a person and if one chooses to run away it follows till the challenge overtakes and become fear. These thoughts of fear can make behavioural changes in a leader and many a time the person can tend to mistreat the worker. Once such a process become habit the sadistic tendency overrides personal values and creates an integrity gap. On the other hand a reformist can create an excellent group with freedom to innovate and improve. (Tony Robbins, 2015) We become fearless by visiting the places that scare us. We become strong by living our strengths. Not our weaknesses. A clear vision can improve our sense of understanding people. More often than not while looking good in others a leader

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improves the output and creates an empowered group. Common course of action is to run away from what will help a person to grow and step into your greatness - no matter how uncomfortable it makes you feel. Limitations may be in every facet of life but these can be circumvented by considering possibilities.

### **Challenges and leader**

A relationship without challenges is not meaningful. When faced with challenges a leader realises the potential and removes the limitations caused by the falsehood of fear, because it reveals to the very beliefs/fears and false assumptions that limits people. Outputs are less realistic when they are not par excellence. This fineness is more related to the inner world and it will transform people who are otherwise poorly critical. With inner peace a person can attain mastery over the work and produce quality output. (Wallace D. Wattles, 1978) A half done job may provide temporary satisfaction, but never inner peace and self esteem. When each individual adores his nation for creativity, tranquillity and world order, it creates growth from which nation's progress. Such growth provides satisfaction to individuals who would then invigorate the lives of workers. An individual's life is not a copyright of someone else. It is a life of self attained wisdom, channelized by values being authentic, and channelizing to the ultimate goals set without prejudice to fellow human beings. Even on a runway there are ups and downs, so is the case of human life. A setback or series of setbacks should not prevent risk taking ability. Life can be considered to be an incredible adventure and designed with best interests in mind. Opportunity knocks once, so it is not difficult to consider each encounter as a chance in disguise. (Wallace D. Wattles, 1978) We may consider leadership as a mind game in the light of importance for positive thinking. The founders of Google used positive thinking to overcome their early setbacks and to stay true to their vision. Sam Walton used positive thinking to build an empire.

### **Positive Thinking and leader**

Quintessential phenomenon is that risk taking and positive thinking is attributed to a leader because if a leader does not attempt or try for the fear of failure there would not be individual or collective progress. Then the voice of fear takes over. So, it is prudent to listen to the trusted voice that resides deep within and show some genuine leadership-both at work and at home. People will love a leader for it. Thankfulness should be a matter of habit for a leader. In that purposeful communication, both the sender and receiver are elated. Never be cowed down by critics, because leadership is about boldly trusting your instincts, chasing down goals and doing what is right. The inquisitiveness for better output can be achieved by clarity for purpose. (William Walker Atkinson, 1911) Clarity precedes mastery and it's impossible to create an outcome without such a vision. The most successful people know exactly what success means to them and what their mountains look like. A child at the time of birth cries and the whole world rejoices, but there after every child is born happy and easy going. We are all born to laugh, so should be a leader. From there on as an individual grows and get older the happiness spectrum takes a middle-of-the-road place and settles between extremely happy and miserable. Most of the COOs fall in this group. Strangely, our position on the "happiness spectrum" is completely our choice. In general, most of the dominant leaders in the the human race move about into one of three groups: the happy, unhappy and confused. Such rationale may sound oversimplified and it almost certainly it is. But in a panoramic view when the world around is considered as a canvas such a belief is found to be pretty true. Inner self of a leader and followers decides the happiness spectrum. It is an age old belief that happiness cannot be bought with money, power, position or possession. Happiness and habits are related. Good habits translate to happy life and thus enhance lives. Happiness means something different for everyone so there is no one, universal meaning for

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the word “happiness.” Ego and super ego are stages of human mind. The more a person is out of place in the context of id, ego and super ego and transacts with another person who is equally misplaced results in communication failure. Happy people don't seem to have the word, “problem” in their vocabulary; probably they transform problems to opportunity by their vision. (William Walker Atkinson, 1912) Contentment has everything to do with our internal way of thinking nothing to do with our external conditions it has. The cure for this is to develop an attitude of gratitude. It is true that happiness can be found by stepping up a leader's vision. Being constrained by petty thoughts and stressing over inconsequential events prevent the eventual happiness spectrum. Most of these situations are easily resolved, out of the person's control, or will never come to pass. The habit of elevation over other people's problem does not actually raise the individual's happiness index. It creates a smoke screen which draws myopic personalities into a false spectrum of happiness and substandard output. The reality is that, being nice feels a lot better than being mean. As far as tittle-tattle is, it habitually leaves a person feeling shamefaced and indignant. Saying nice things about other people gives confidence to think positive, non-judgmental thoughts.

It is natural to find that events rarely go as planned. So, the first thing to remember for a leader is not to panic when things go wrong. A good leader doesn't make excuses or blame others for their own failures in life. Instead, they take blame to their mistakes and, by doing so, proactively try to revolutionize for the better. For a failure a person can attribute many reasons some of which might even seem pretty legitimate. All these are in hind sight, so don't worry. To provide an excuse for failure can be found reasonable for a worker but not for a leader, because making excuses is a very destructive habit. A good leader does not inhibit on the past or be concerned terribly about the future. To commit into the present and the work being undertaken is the way forward for a leader. Preparation for an event or challenge can make the work become more upbeat and productive. Another feature which needs consideration is comparison. It is an accepted fact that a feeling that ‘the fence on the other side is greener’ is common. But then deeper a person goes into comparison frustration develops within the body. So to achieve superiority in execution good company helps a lot. In a group of negative gossipers a person tends to become one of them, so it may be helpful to seek company of people who are positive and push to be better, a person will start to feel more optimistic and accomplished. As a leader it is not always that everyone around your team can be pleased, so following once conscience supported by knowledge is recommended. When a person talks a lot and listens little the tendency is to become paranoid. A good listener can foster deeper relationships.

Strong, healthy relationships are advantageous but then the company matters. It is better to be lonely rather than being surrounded by negative people. To build strong relationships the requirement is devotion, empathy and spending quality time with the people. Meditating is a good way to quieten the mind and unearth inner peace. There is a reasonable belief that food a person consumes has an effect on the mental health because of the way it is believed to be affecting the structure and function of the brain. This may be because the food consumed apparently has an effect on the hormones your body produces which in turn controls frame of mind, power, and application. Japanese concepts of TPS, Kaizan and 5 S are quite valid for a person's everyday's life. Mental clarity and integrity is important as our brain raises an alarm because what said otherwise isn't matching up with the truth. Such a discontinuity causes a release of hormones which, in turn, raise level of stress. This may be quite relevant to people who have difficult time sleeping when they compromise honesty. The end product takes place evenly with major lies and the “little white lies.” Once a person accepts the fact that life is not fair, he'll be more at peace. Similarly, human beings are emotional and hence

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a negative experience is converted to feeling of resentment which can increase depression, anxiety, and stress. So the habit of going in to the past failures at any stage of life is not recommended. It is believed that a selfless act undertaken, results in producing serotonin by brain, a hormone that eases tension and works as a mood elevator.

### CONCLUSION

Piquant, vigorous associations are beneficial but then the group matters. It is better to be secluded rather than being delimited by negative people. To build robust relationships the requirement is fidelity, understanding and spending quality time with the people. Meditating is a good way to quieten the mind and unearth inner peace. There is a rational belief that food a person consumes has an outcome on the mental health because of the way it is believed to be affecting the configuration and performance of the brain. Psychological clarity and truthfulness is important as our brain raises an alarm because what said otherwise isn't matching up with the truth. Such a discontinuity causes a discharge of hormones which, in turn, raise level of stress. This may be quite relevant to people who have difficult time sleeping when they compromise honesty. The end product takes place evenly with all types of lies. Similarly human beings are emotional and hence a negative experience is converted to feeling of resentment which can augment gloominess, nervousness, and nervous tension. So the inclination of going away in to the past failures at any juncture of life is not suggested. It is believed that a selfless act undertaken, results in creating serotonin by brain, a hormone that eases nervousness and works as a mood elevator.

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### ***Conflict of Interest***

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