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The Importance of Stress

CW3 Nicholas P. Ciullo, QM, CTARNG

During the Middle Ages, Burgundian monks discovered stressing the grape vines produced smaller, more concentrated grapes, which resulted in higher-quality wines. Over-watering the vines produced visually larger and more appealing grape, but they grapes were less concentrated and produce a diluted wine. Stressing the vine, making the roots dig deeper to find ground water, made the roots exceptionally strong and resilient.

The Soil.

The soil is your foundation, composed of your experiences, education, training, mentoring, reflection and yes, stress! As minerals enrich soil, these components all work together to form the nutrients of your leadership.

The Roots.

Character, Presence, and Intellect are your roots. Each root absorbs minerals from the soil to enhance your leadership attributes. Character anchors the vine, allowing the leader to stand firm. Presence reflects the visible reach of the vine; it's ability to grown and connect with others. Intellect is the adaptive root, absorbing all the nutrients and enabling thoughtful problem solving.

The Grapes.

With roots firmly planted in nutrient soil, and the right amount of stress, Leads, Develops and Achieves become the fruitful grapes of a well-cultivated vine. These grapes are the culmination of the growing

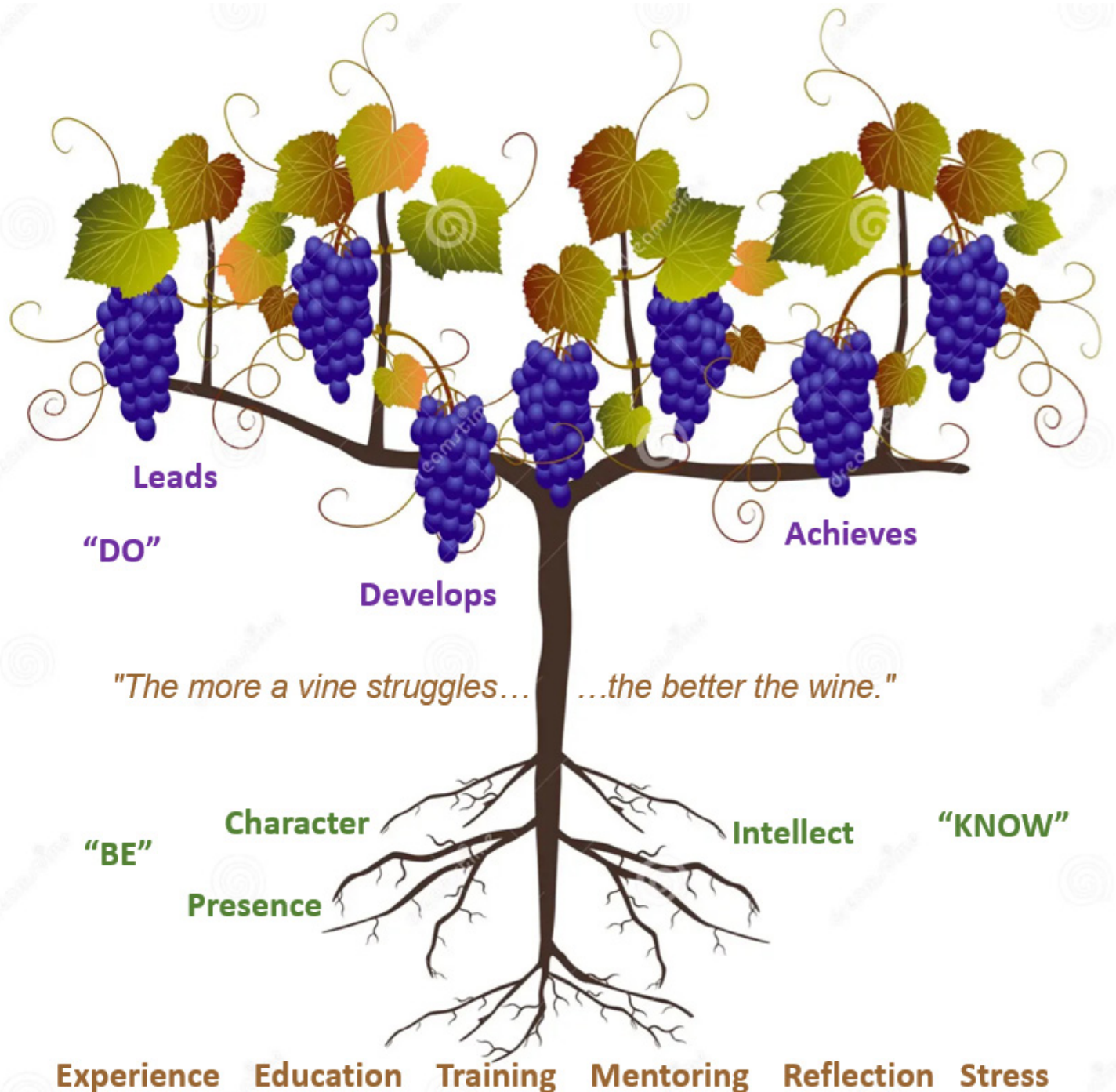


Figure 1. The Vines Leadership Model by Nichoals Ciullo

process and are the “product” you deliver as a leader. This is not the end of the process! Burgundian monks were never satisfied with their product. They continued developing methods to better their wines. Vines don’t die in the winter; they just go dormant until they feel the spring sun.

Stress is essential to your development. It fosters growth, resilience, and adaptability. A vine produces the best fruit when it’s challenged by tough growing conditions. Stress forces you to confront limitations and discover new capabilities. Without stress, growth remains stagnant, and potential goes unrealized.”