

Power of Pause

30-minute leadership reflection time each week.

Pick a couple of questions that feel relevant to explore....



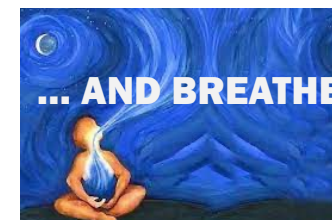
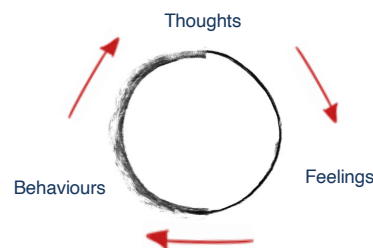
1. What did I lead well this week? What was the learning from it?
2. What does success look like for me next week?
3. What am I feeling grateful for? In my team? My colleagues. My strengths? In my relationships? In my life?
4. When did my saboteurs get triggered? How did they show up in my behaviour? How can I manage it differently next time?
5. Which relationships need a health check on the trust bank account? How will I strengthen the trust bank balance?
6. What was my Empowering high and low point?
7. What's happening next week I can think and plan for, so that I bring my best self? Plan to Influence? Plan to Align?
8. What strengths can I use more explicitly and intentionally?

WEAKEN YOUR SABOTEURS IN THE MOMENT → Observe it! Call it out! Let Go!

- RECOGNISE IT'S YOUR MONKEY BRAIN
- PAUSE. BREATHE. LET GO.

SET YOUR MINDSET → Take control. Make a choice.

- SET YOUR INTENTION. "Success and happiness are a Choice"
- ANTICIPATE your triggers and plan for them. Use your STRENGTHS.
- REFRAME. What am I thinking that impacts how I feel and drives my behaviour?
Change how you think about a person or situation to break the negativity loop you might be stuck in to achieve a different result.



STRENGTHEN YOUR PQ MUSCLE

- **SCHEDULE** time with you to pause, reflect. Think how you want to lead your life and others. It is your life, your time, your energy and your calendar. You are the only one who can choose to change how you use it. Curiosity and reflection are accelerators of learning and they embed positive change.
- **PRACTICE PQ REPS.** Be mindful@work. Be mindful@home – start in the shower, on the train listening to music, in the garden feel your toes in the grass, full your eyes and mind with green leaves. PAUSE 2 minutes to breathe, several times a day and be conscious of the moment. This gives your brain down time to rest and rebuild – your brain is a muscle. If it stays tired, you will get diminishing returns. See different mindful breathing techniques. Try them and see which works best for you.
- **Practice GRATITUDE.** The science is unequivocal that this practice releases oxytocin to counteract the cortisol of stress. With daily practice, you build new neural pathways to quickly become habitual and a powerful stress antidote, and .
- **Lead with Celebrate. Learn. Recognise. 25% OF YOUR ENERGY!** Your team will improve emotionally and physically, and so will you. PAYING IT FORWARD is a concept that makes it infectious. If you role model it, others will follow, and you will create a strengths-based thriving environment.

MINDFUL BREATHING TECHNIQUES 'IN THE MOMENT' to calm your monkey brain and get access your PFC.

Work out what works for you

- **In the moment, pause.** Anchor your feet on the ground, straight back, Palms up & breathe. In and out through your nose, 3 calm breaths. Create the serotonin release.
- **Use the lightest touch,** rubbing thumb and pointer finger-prints together, feel the exquisite texture of the lightest touch, to calm your sympathetic nervous system down.
- **4-7-8 technique** involves breathing in for 4 seconds, holding the breath for 7 seconds, and exhaling for 8 seconds. This regulates the nervous system, reducing anxiety.
- **Occupy your body.** Feel your feet on the ground, your seat, your scalp. Breathe into different parts of your body. Notice temperature, texture, noise, vibrations. Tense all, hold & relax

PAUSE
PARTNERSHIP
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