

The Power of Pause

30-minute leadership reflection time each week.

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

YOUR
LEADERSHIP
ACCELERATOR

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

