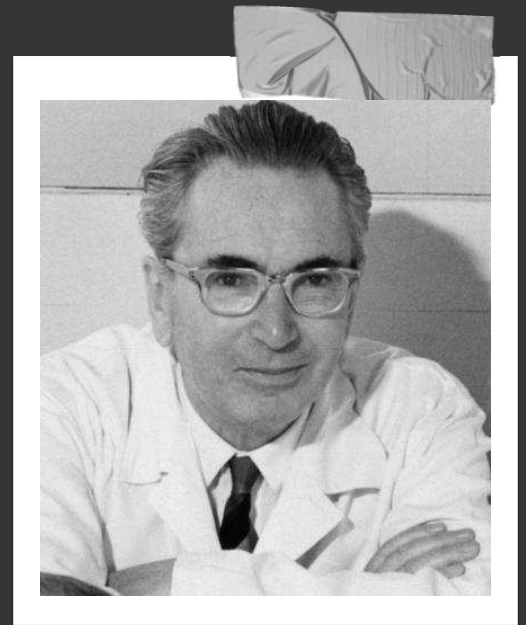

Finding the space to lead YOUR way

Mel Rowsell, Wisdom at Work

—

**Between stimulus & response
there is a space. In that space is our
power to choose our response. In
our response lies our
growth and our freedom.**







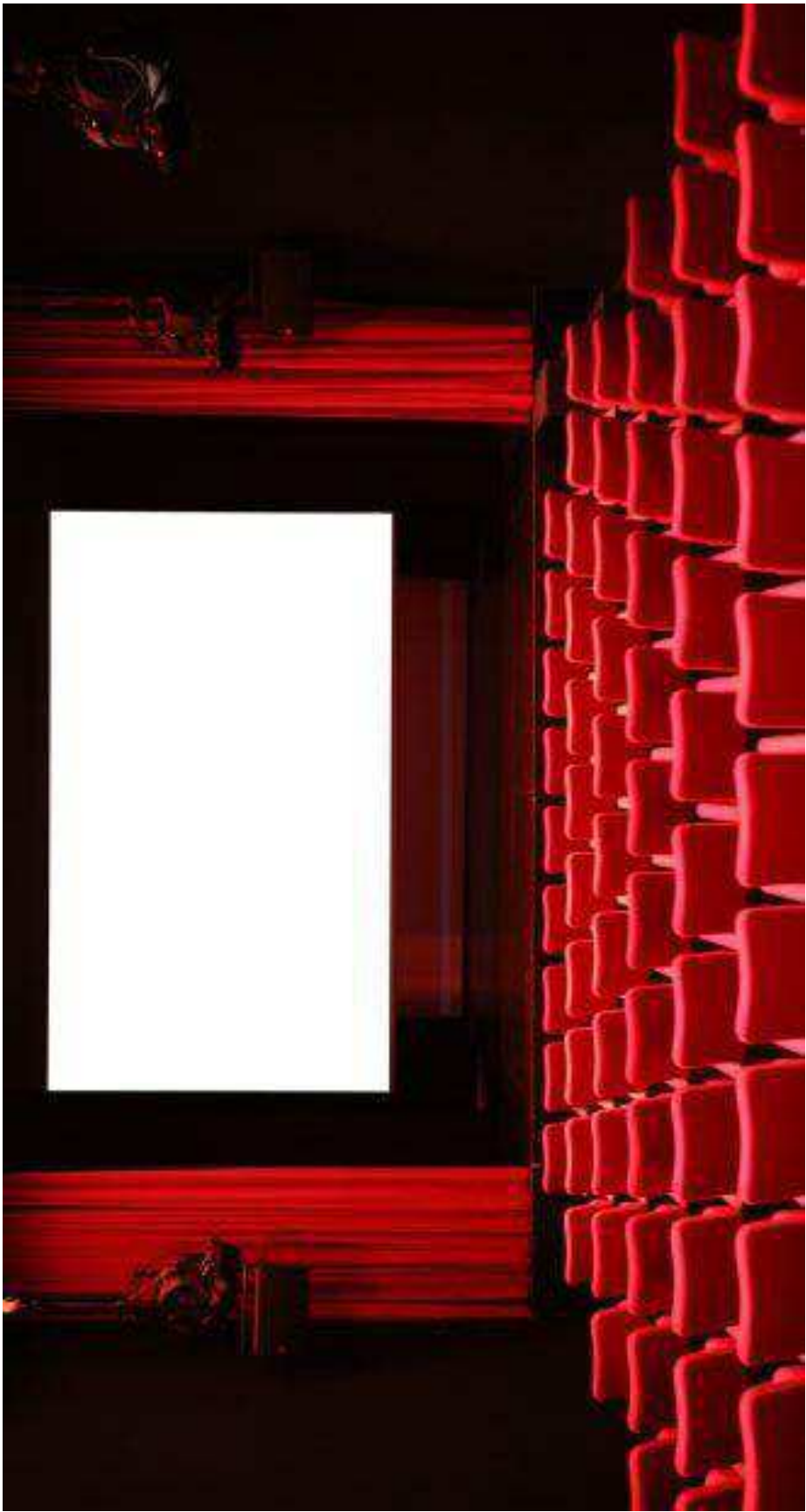
Five things:

- 1 Building your observer self
- 2 Lead your way
- 3 Your strengths
- 4 Dealing with your triggers
- 5 Rinse and repeat



1. Observer self

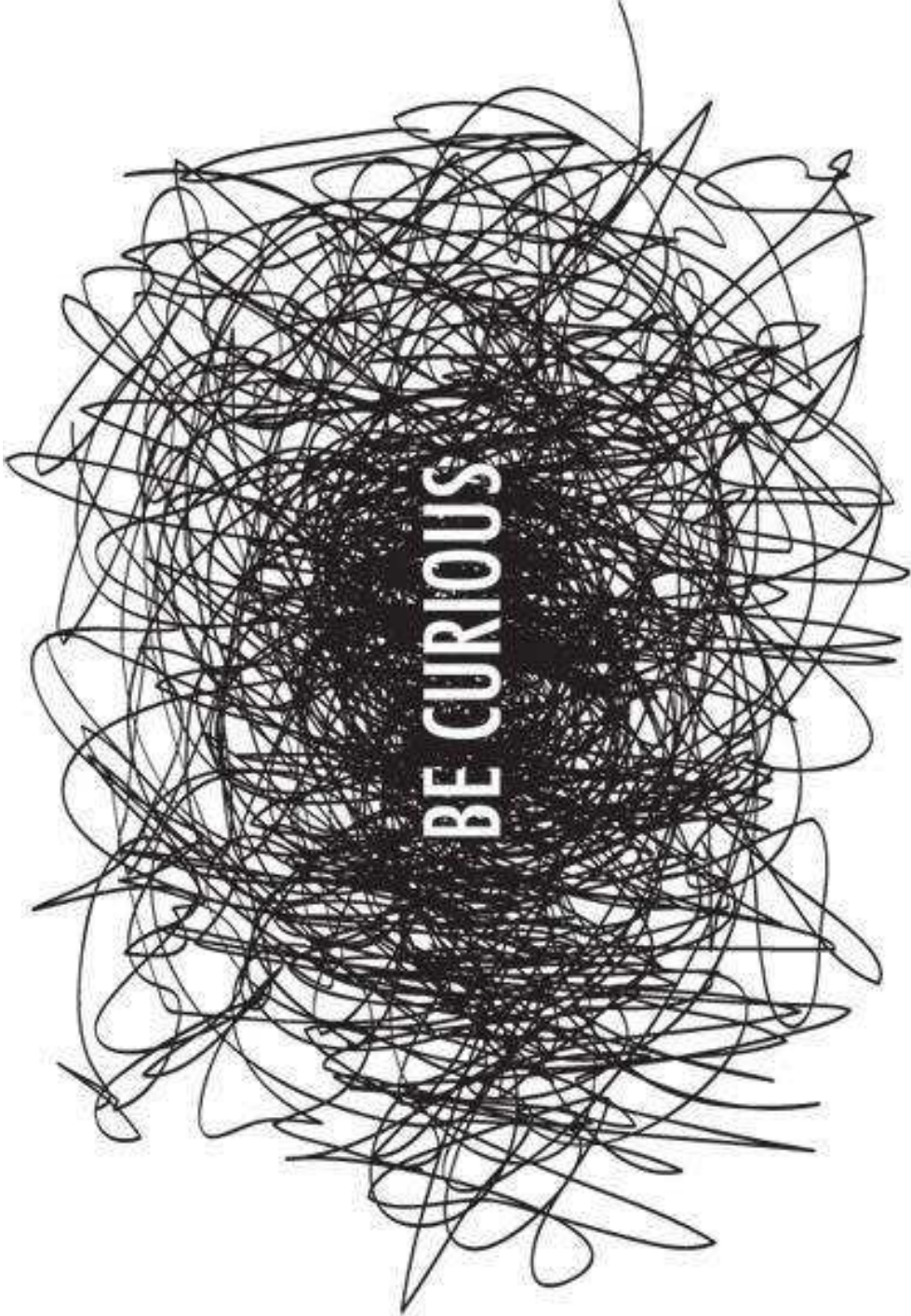
→ From main protagonist to audience member





1. Observer self

- From main protagonist to audience member
- Observe with curiosity, not judgement



BE CURIOUS



1. Observer self

- From main protagonist to audience member
- Observe with curiosity, not judgement
- It's an act of mindfulness

—

Mindfulness is
bringing your
attention to
the current moment.



Tip

It does not just include meditation, it is a daily practice of being aware of what you are doing and your effect on others.



2. Lead your way

Which leader resonates with you?

Describe their leadership & their motto.

→ **Hillary Clinton**

→ **Valerie Adams**

→ **Jacinda Ardern**

→ **Ellen deGeneres**

—
Who did you resonate with?

Why?



3. Your strengths

Effective leaders always invest in strengths.

- Making things happen?
- People skills?
- Strategy?
- Ability to inspire & motivate?
- Steadying the ship?
- And lots of other things

—
What is your motto?

How does this play to your strength?



4. Your triggers

Common stressors

- Too much to do, too little time
- Difficult conversations
- Others expectations of you
- Your expectations of yourself

Enraged	Furious	Frustrated	Shocked	M	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Nervous	Restless	O	Hyper	Cheerful	Inspired	Elated
Fuming	Apprehensive	Worried	Annoyed	O	Energized	Lively	Optimistic	Thrilled
Repulsed	Troubled	Uneasy	Peevish	D	Pleasant	Joyful	Proud	Blissful
M	O	O	D	M	E	T	E	R
Disgusted	Disappointed	Glum	Ashamed	E	Blessed	At Ease	Content	Fulfilled
Mortified	Alienated	Mopey	Apathetic	T	Humble	Secure	Chill	Grateful
Embarrassed	Excluded	Timid	Drained	E	Calm	Satisfied	Relaxed	Carefree
Alone	Down	Bored	Tired	R	Relieved	Restful	Tranquil	Serene

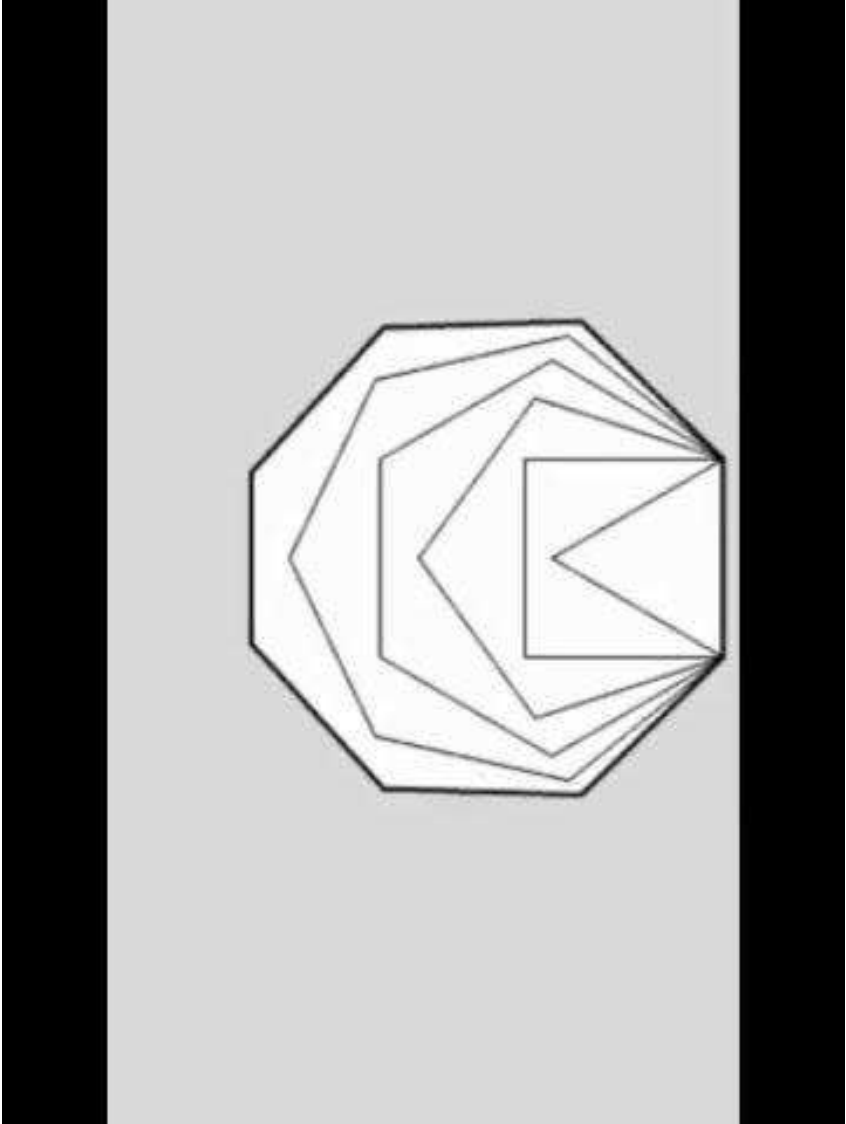
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Stop

Take a breath

Observe

Proceed





5. Rinse & repeat

Reflection is the key to learning

- **Learn something new**
- **Plan how to use it**
- **Do it! Don't expect perfection**
- **Reflect.**



Choose Your Focus

David Rock

- **Vision**
- **Planning**
- **Detail**
- **Problem**
- **Drama**

Finding the space to lead YOUR way

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