

ASPIRE

Showing up as an Impactful & Influential Leader

Virtual 2:

The Leader I Aspire to Be - Vision



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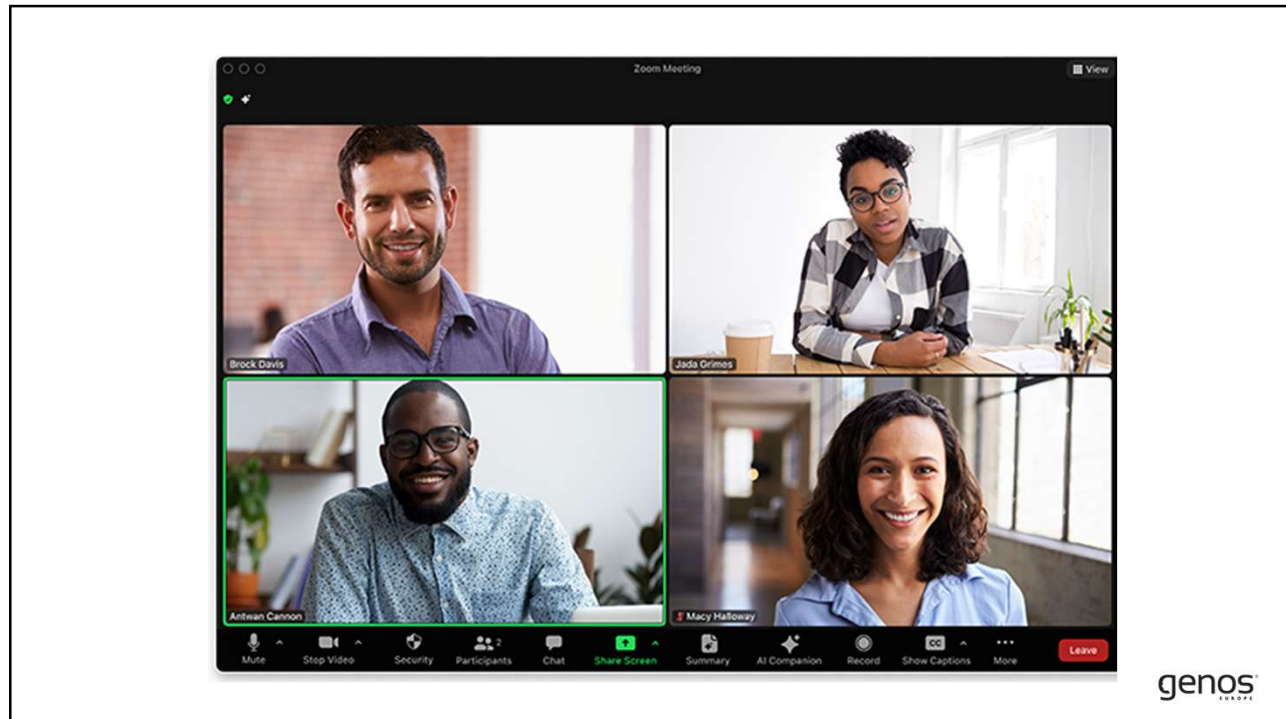
ASPIRE 2025

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Workbook: Virtual Sessions 1 & 2

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Vision and Values

“Personal leadership is the process of keeping your vision and values before you and aligning your life to be congruent with them”


Stephen Covey



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“My mission in life is not merely to survive, but to thrive;
and to do so with some passion,
some compassion, some humor, and
some style”

Maya Angelou



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“Le marchand de la mort est mort...”



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Vision: You as a leader 3 years hence



- 1 What's your 'why' as a leader – what do you stand for?
- 2 How do you make your people feel?
- 3 What words do people use to describe you as a leader?
- 4 Reflecting on the last 3 years, what were your key accomplishments?
- 5 Looking back in 3 years, what have you started or stopped doing?
- 6 How happy are you – and why?
- 7 How is this success improving your personal/family life?

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- Go to page 5 of your workbook
- You will write from 'It is, I am...' until I say stop
- When we start keep the pen to the paper and keep it moving
- Forget planning, structure, grammar etc.
- If you run dry rewrite the prompt until you get started again



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Your Predictive Brain

"...even before events happen the brain has already made a prediction about what is likely to happen, and sets in motion the perception, behaviors, emotions, physiologic responses, and interpersonal ways of relating that best fit with what is predicted..."

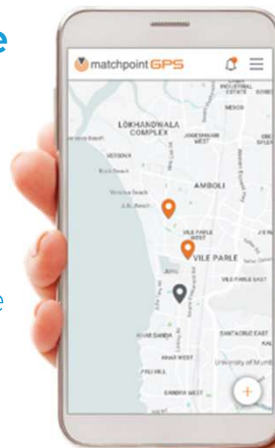
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Me a Leader in the Future

"In a sense, we learn from the past what to predict for the future and then live the future we expect."

Regina Pally, The Predicting Brain



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'The leader I aspire to be...'
(Listen Generously)



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‘The leader I aspire to be...’

- A talks and B listens **generously** (3 mins & bell)
- Switch roles (3 mins & bell)
- Free-flow conversation (4 mins)

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“You know that the antidote to exhaustion is not necessarily rest?”

The antidote to exhaustion is wholeheartedness.”

David Whyte

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Refining Your Vision

"You've got to visualize where you're headed and be very clear about it. Take a picture of where you're going to be in a few years"

Sarah Blakely



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VISION
Crafting Your Leadership Vision

Pre-Programme Workbook

Welcome to the Mindful Leader Journaling App
...day by day to how you want to be in the world

Click to Begin Personal Vision
Click to Begin Self Awareness
Click to Begin Gratitude
Learn More

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Bring Co

Day 1

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