



LEADERSHIP AWARENESS

TODAY

- Our Approach and Reflection
 - Agreed Ways of Working
 - Emotional Intelligence and Self Awareness
 - Growth Mindset
 - Power of Perception and Beliefs
 - Value of Reflection
 - Anatomy of Strengths
-
- Next steps....
 - Masterclass and Coaching

Empowering people through
Psychological safety



Power of Breath to Pause



Growth Mindset and Learning



Active Listening and Reflection



“Fresh eyes” and
Decision making



Key Principles: OUR APPROACH

REVIEW AND REFLECTION



WORKSHOP I

Action Steps...?

Key Takeaways and Insights?

YOUR JOURNEY

LEADING



OUR SPACE INVITES....

Safe, Inclusive, Non-Judgmental, Respectful



Active listening, Equal time turn taking and playful curiosity...

Executive Presence



Confidential Space.

All learnings are evidence based

AGREED WAYS OF WORKING

Emotional SELF AWARENESS

Emotional Intelligence-

The ability to understand, recognise and manage your emotions.

- Know your triggers
- Default behaviours
- Impacts your decision making
- Cognitive ability and behaviour

BEHAVIOUR



THOUGHTS



EMOTIONS



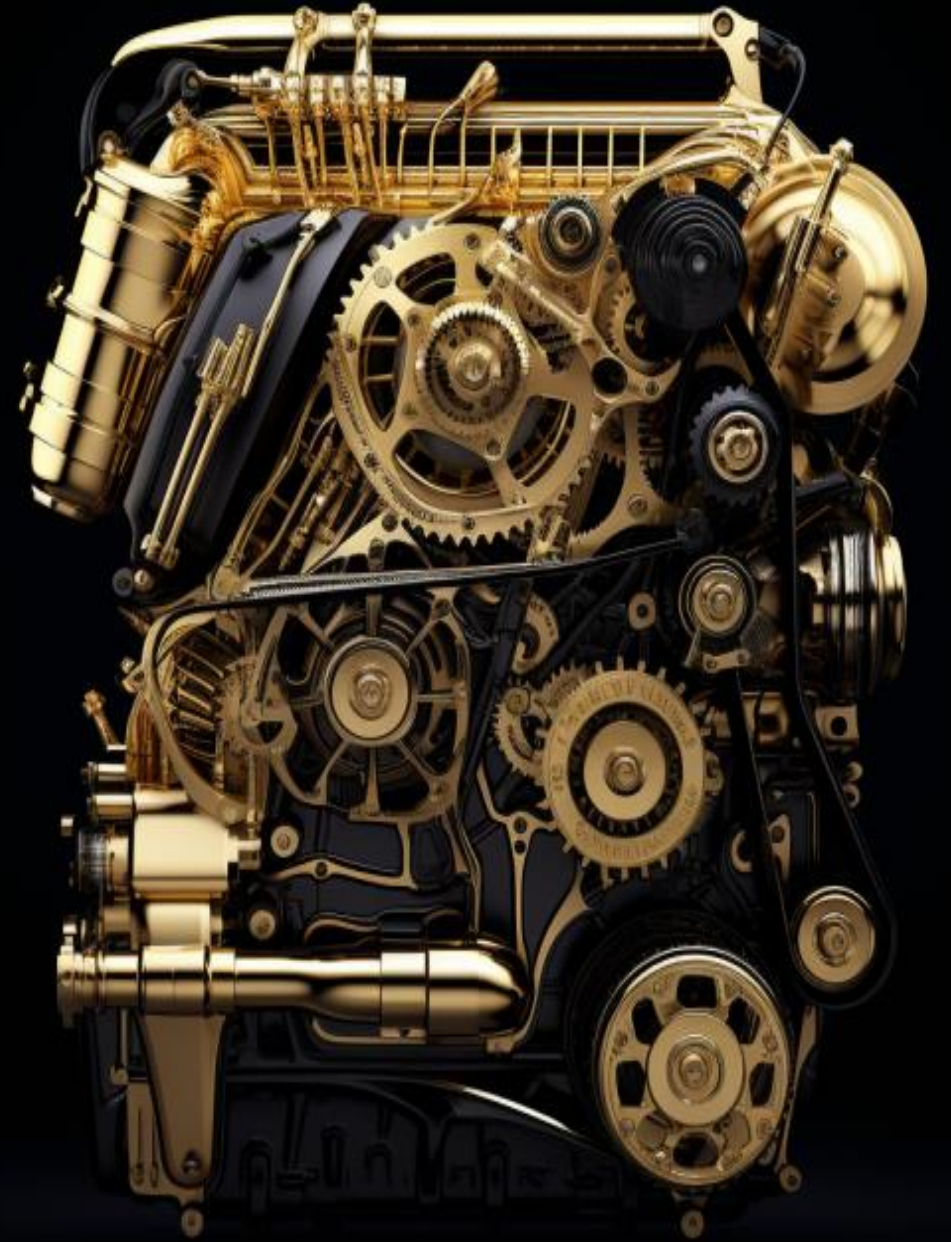
Awareness and Mindset

Your mindset is a set of beliefs that shape how you make sense of the world and yourself.

It influences how you think, feel, and behave in any given situation.

It means that what you believe about yourself impacts how you live your life

- Journal of Cognitive Psychology



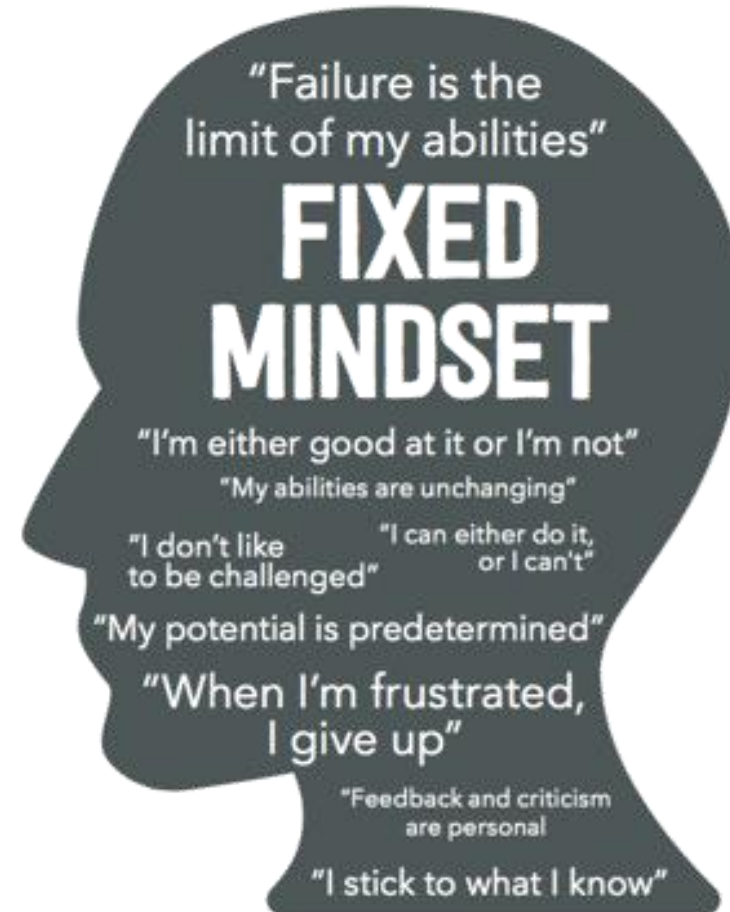


Understanding Growth Mindset

GROWTH MINDSET



WHICH SOUNDS MORE LIKE YOU?



SELF REFLECTION

Recent examples of when you are in a fixed mindset

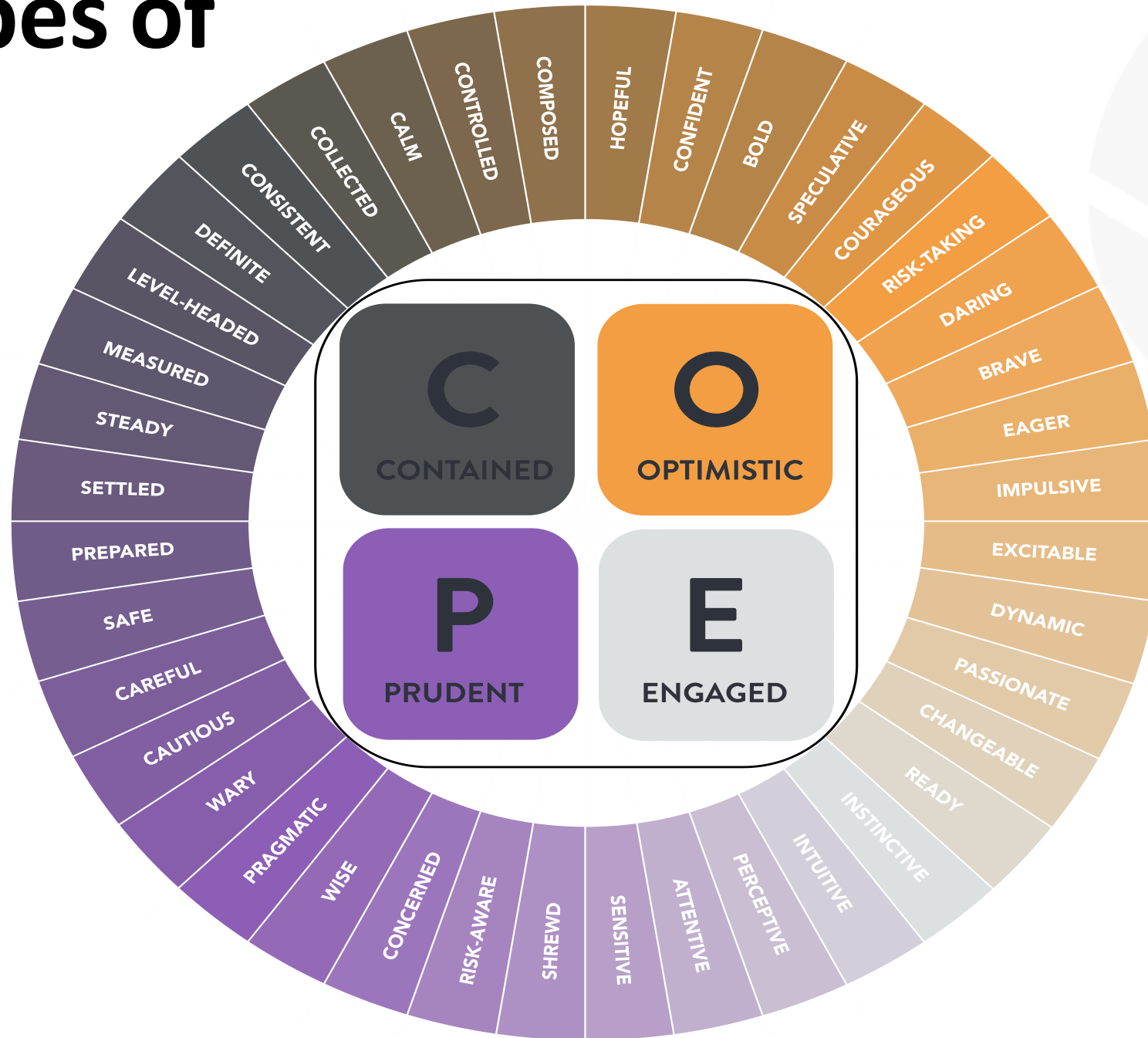
Recent examples of when you are growth mindset

TEAM REFLECTION

What are the ways to increase the likelihood of a growth mindset?



COPE-Types of Mindsets



What central pillars support a healthy mindset?

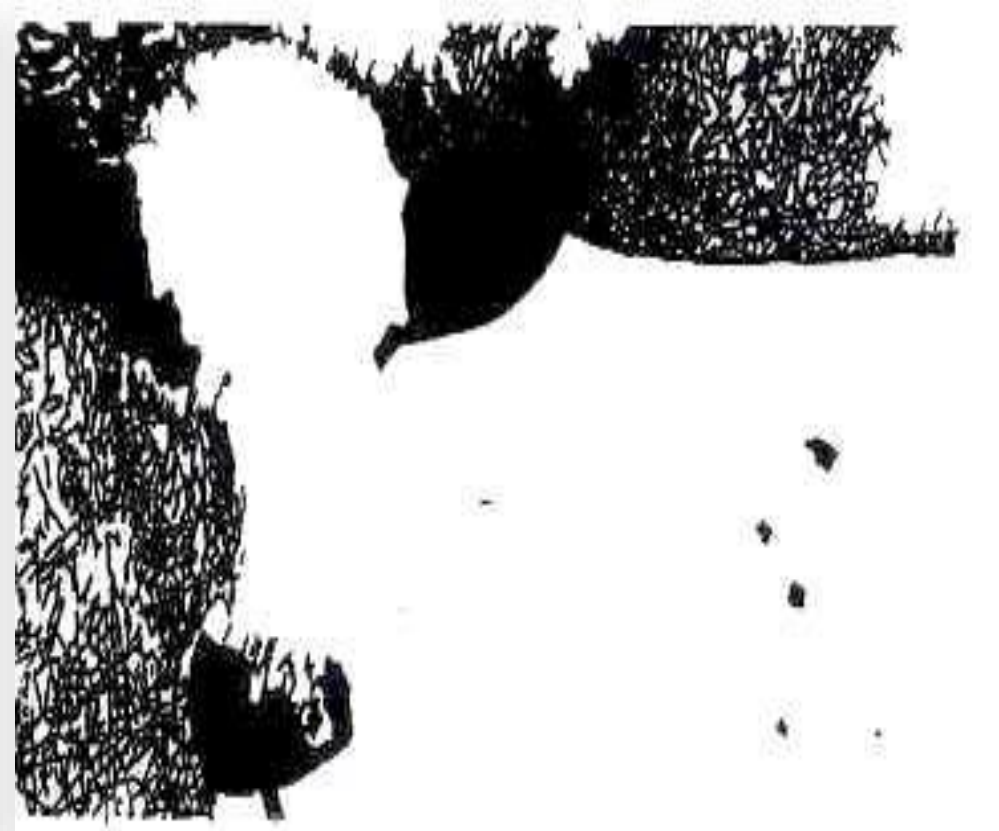
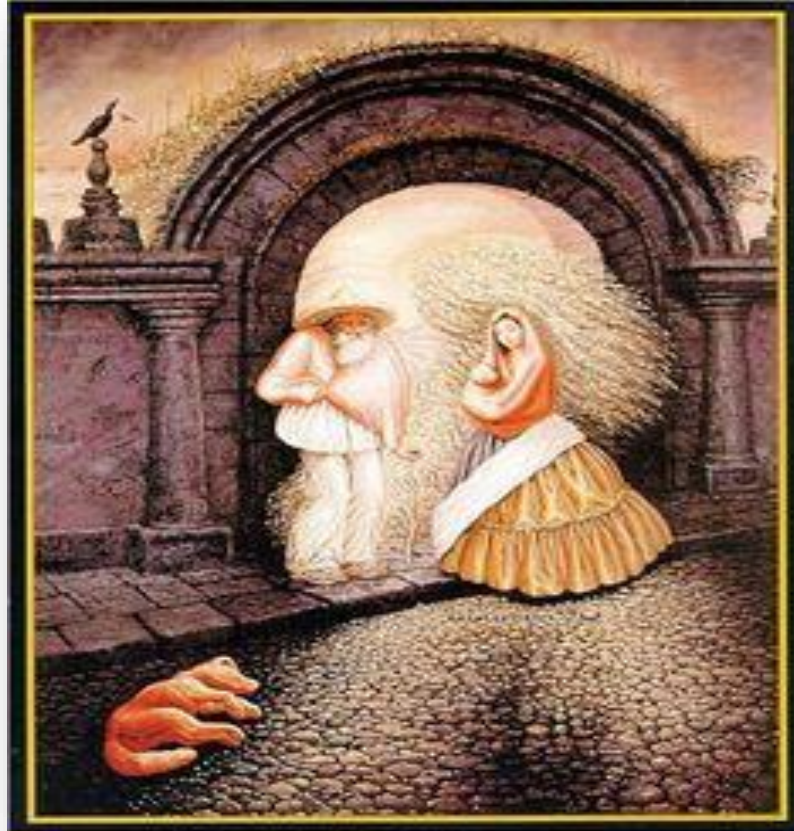


- **Sleep**- “Intelligent Rest”
- **Nutrition**- How are you fuelling your body
- **Movement**- Shifting the energy in your mind and body
- **Presence**- How present are you in your own life
- **Purpose**- Sense of something greater than yourself
- **Supportive environment**



THE POWER OF PERCEPTION AND OUR BELIEFS

The Power of our Perceptions- We identify patterns (Mental Models) based on our experience





"Demons"
Limiting Beliefs
Negative Self-Talk
Judge/Jury/Executioner
"Stinking-Thinking"
"Reactions"
Break the Cycle

AWARENESS

"Be careful how you
talk to yourself
because you are
listening"

Communication between neurons creates pathways and develops into super-highways





BELIEFS: WHAT YOU FOCUS ON GROWS



“Slowing-Down”

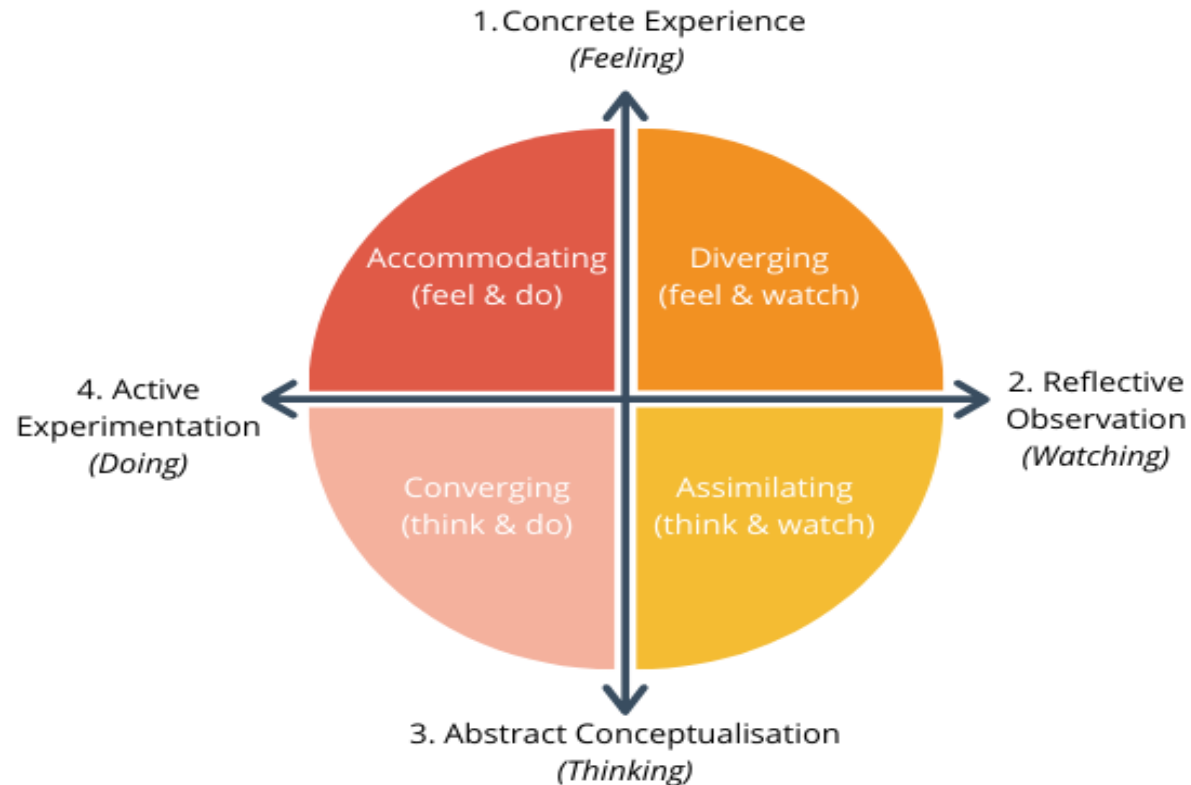
As Leaders, what are you paying attention to?

Is this helping you thrive or survive?



The Value of Reflection

KOLBS LEARNING MODEL



[The Cycle\(274\) The Cycle of Learning From Experience - YouTube of Learning From Experience \(youtube.com\)](#)

The Power and Value of Reflection and Journalling

Reflection is at the heart of the Mindflex learning process. It links **experiences and knowledge**. When we think carefully and critically about our experiences, we can really learn from them and make any adjustments we see fit, based on these reflections.

It helps us become better leaders.

The Value of Reflection

Why should I record my thoughts?

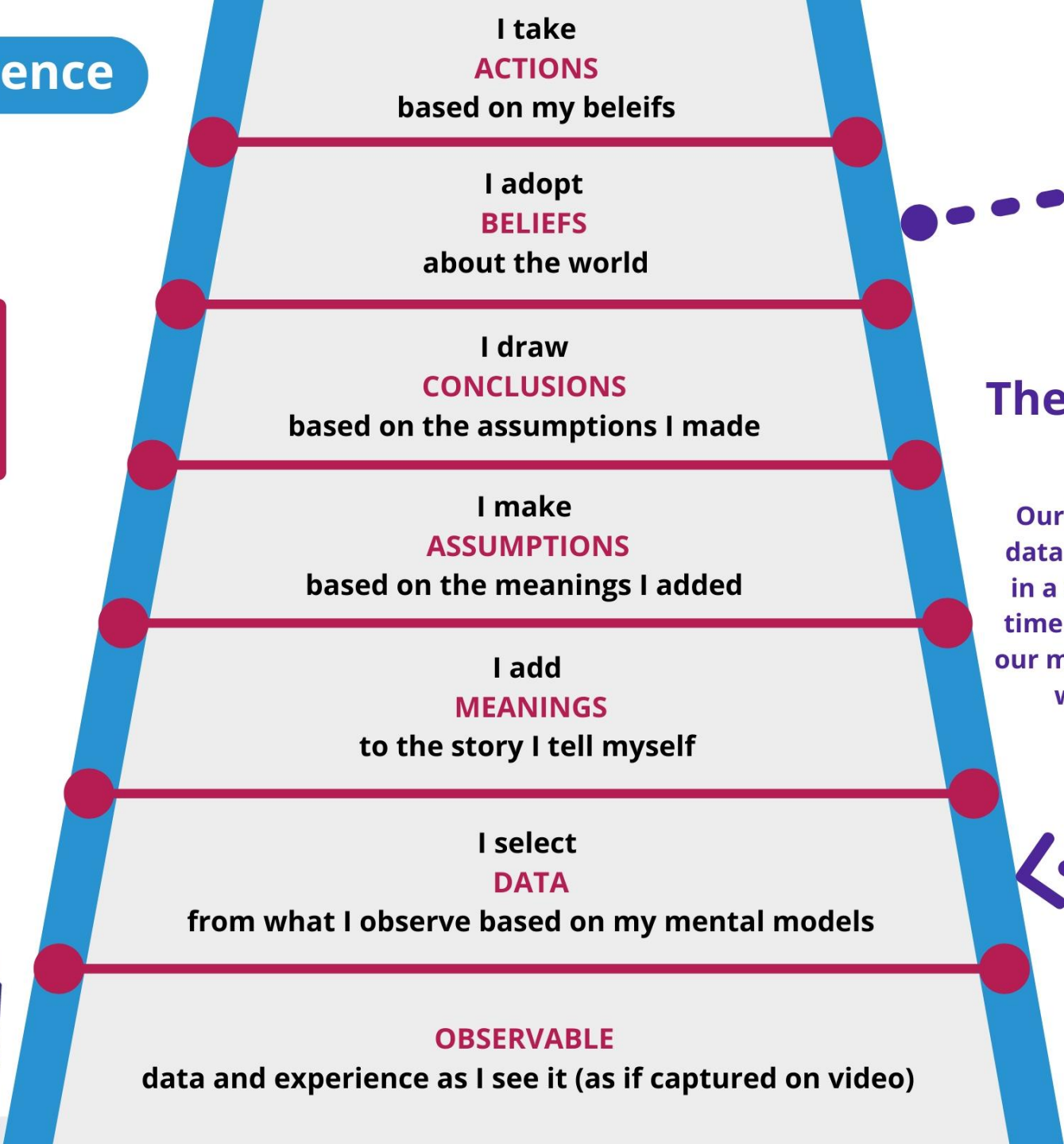
1. **Experience:** This could be a part of the workshop or something that happens in your day-to-day management.

2. **Review** This means answering questions like 'What did I like and dislike?', 'What did I notice?' and 'What surprised me?'

3. **Conclusions:** This means considering what you've learned, how **you're seeing things differently** now and the key things you think need to change .

4. **Actions:** This means considering and planning what you're going to do differently and when you're going to do it.

The Ladder of Inference



The Reflexive Loop

Our beliefs affect what data we select next time in a similar situation. In time this can perpetuate our mental models of how we see the world







REFLECTION AND JOURNALLING

The Power and Value of Reflection and Journalling



Known to Self

Unknown to Self

OPEN SELF

Information about you that both you & others know.

BLIND SELF

Information about you that you don't know but others do know.

HIDDEN SELF

Information about you that you know but others don't know.

UNKNOWN SELF

Information about you that neither you nor others know.

Known to Others

Unknown to Others

The Johari Window.

1. You can **build trust** with others by disclosing information about yourself.
2. With the help of **feedback** from other people, you can learn about yourself and deal with personal issues.
3. The Johari Window is a model used to help people better understand their relationships both with themselves, and with others.
4. The Johari Window is a great tool for **improving communication** and relationships within teams. On an individual level, it helps people understand what others see in them. They might have **blind spots,** hidden fears or insecurities that they can now address.



POWER OF PRESENCE AND PAUSE



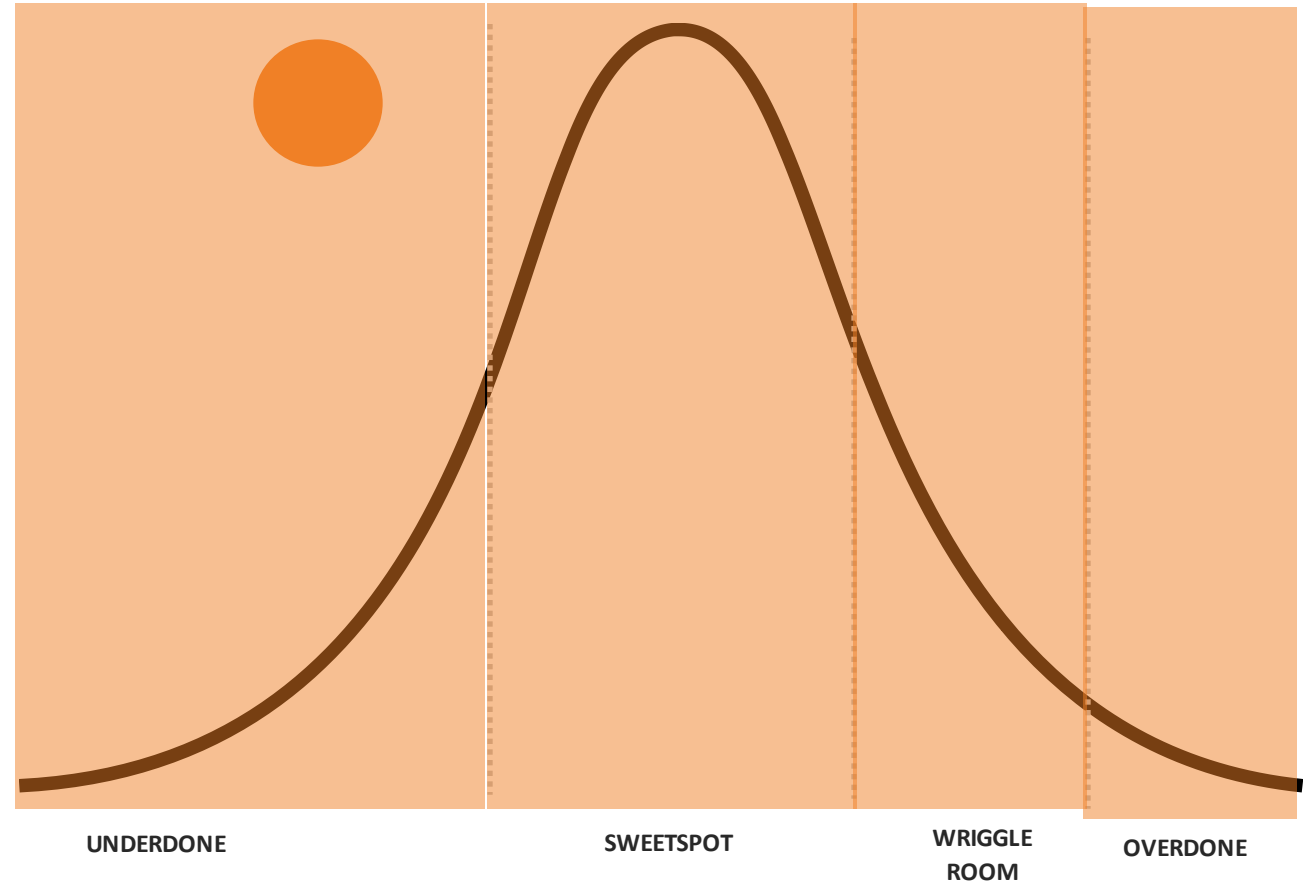


UNCOVERING YOUR GOLD

Anatomy of Strengths

The Anatomy of a Strength

1. All strengths have a sweetspot
2. Take care, strengths overplayed or used in the wrong context can become weaknesses
3. Strengths need wriggle room to be expressed
4. Strengths need to be counter-weighted
5. Under-valued strengths become underdone



WHATS NEXT?

WORKSHOPS

TODAY

COACHING

1:1 BOOK NOW

MASTERCLASS

WEDNESDAY 24/04/24

Learning From Olympic Athletes

SPOTLIGHT

USED IN YOUR
COACHING



BOOK IN NOW!

**BOOK YOUR
1:1 COACHING**



THANK YOU



CLARITY
COACH.IE



MINDSET



HEARTSET



HIGH PERFORMANCE

Human Flourishing

