## THE LEADER IN YOU FRAMEWORK

**Pause, Reflect, Act.** Leadership is a cycle of behaviors. Starting with a Pause can help you decrease your reactivity so you can respond. But you can step into this cycle at any point.



## STOP REACTING AND ASK YOURSELF:

Is what I am about to do or say in alignment with my goals?

- Possibility Mindset
  What's possible in this situation?
- wnership and Transparency
  Why does this matter to me?
- We-focused Goal Setting
  What's our shared vision or goal?
- E nable Action
  What action can we take to move forward?
- R eview and Refine What's working and not working?

Leadership is the willingness to influence your world and the willingness to be influenced by your world, regardless of your role or title.



## **SELF**

What am I afraid of in this situation? What do I do when I feel that? What would I do if I felt safe? (And then do it!)

## **OTHERS**

What are they afraid of in this situation? What do they do when they feel that? What would they do if they felt safe? What can I do to increase their sense of safety? (And then do it!)

