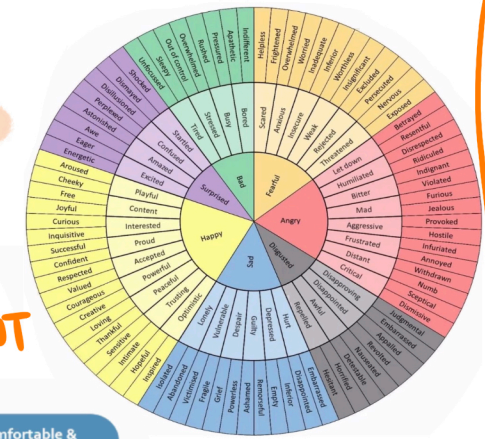




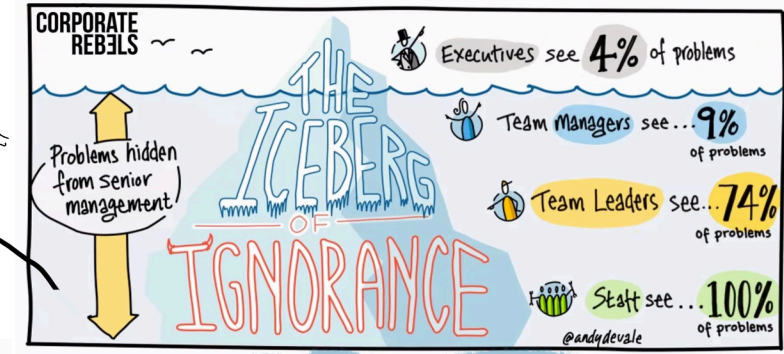
**TRANSFORMATIONAL LEADERSHIP:**  
**LEADING FROM THE INSIDE OUT**  
 APRIL 14, 2021  
**SESSION # 2**  
 WITH CHRIS MOSS

360°  
 SELF-ASSESSMENT



**ANGER BREAKOUT ROOM**

**THE SELF AWARE LEADER:**  
 HOW UNDERSTANDING YOURSELF  
 HELPS YOU BETTER UNDERSTAND  
 OTHERS



London CANADA



Western

**CHALLENGING / BREAKING SOCIETAL NORMS TO BECOME SELF-AWARE**



TRUSTED COLLEAGUE



WHAT I'M LIKE VS. WHAT I DO...  
 WRITE A DESCRIPTION OF YOURSELF

BREAKOUT ACTIVITY

- 6 signs you're lacking self-awareness**
- Your emotional reaction doesn't match the situation
  - You get defensive when receiving feedback
  - You repeat negative emotional patterns
  - The things you do to make yourself feel better don't make you feel better
  - You haven't found a way to be consistently successful
  - You regularly regret decisions in your everyday life

OREOS

WHEEL OF LIFE

Niggles

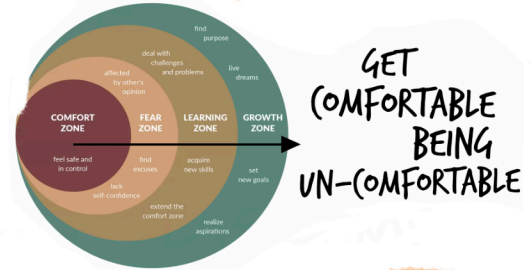
VALUE OF LEARNING & GROWTH

SOLUTIONS

- FEEDBACK
- SWOT ANALYSIS
- TRUST
- CREDIBILITY

IMPACT VIDEO

ACTION PLAN

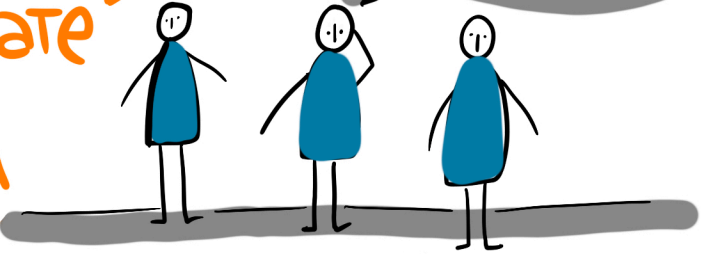


TURN FEAR INTO POWER

- INDULGE
- WEIGH
- ACT
- CELEBRATE

COACH

POLL



COMFORT ZONE

- BULLET POINTS
- SIMPLISTIC
- Uppity

**BREAKOUT ROOMS**  
 MINI NETWORKING

MENTAL HEALTH, EXERCISE

WHO AM I?

- #1. BECOMING AWARE
- #2. WHAT WILL I DO ABOUT IT?

- TOXICITY**
- gossip
  - TONE
  - BEHIND the SCENES
  - micromanage
  - passive aggressive
  - LEADER IS INACCESSIBLE

EVIDENCE IN TEAMS!

Lean in...  
 Permission to be messy & VULNERABLE



BY MONICA DIKES  
 READY, SET, DRAW!  
 ON FACEBOOK