

SUPERCHARGE YOUR GROWTH: 4 STEPS FOR BUSY LEADERS



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4 STEPS FOR BUSY LEADERS!

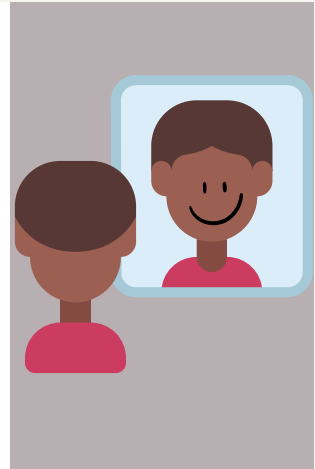
Leadership is hard! Your days are hectic, which does not leave much space to focus on your own growth! To lead change successfully, you need to know when it's time to modify your own behaviors + when to take action.

We all know it's not easy, but guess what? You're not alone. I've got a little roadmap to help you navigate this growth journey. Let's break it down in 4 steps designed for your busy schedule.:

01

Get real with yourself

- Dive deep into **self-awareness**
 - Take a strengths or emotional intelligence assessment
 - Know your strengths and your areas for growth
- Lean on trusted colleagues or a coach for feedback/support



Lock in your commitments

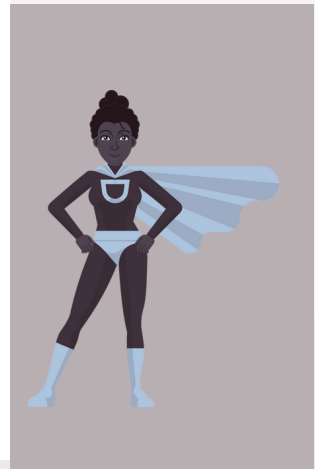
02

- Declare your desire for change and growth
- Tell trusted people about your **goals** and **commitments**
- Create your **One Page Plan***
- Seek an accountability partner to keep you on track

03

Get out of your own way

- Doubts are just speed bumps on the road to success
 - Notice the doubts and push them aside
- Remind yourself, "**I'm in control**. I've got this!"
- Make time to focus solely on yourself for 10 minutes/day



Embrace Progress

04

- **Progress, not perfection, is the goal**
- Start small, take your time, and be deliberate
- Learn from every step and celebrate wins on purpose!

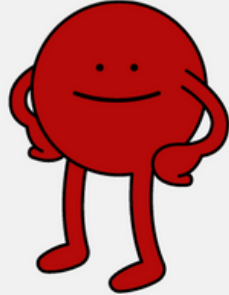
"I believe that change comes from within, by choice and with a little push from a coach." ~ Reem Labib Tyson

WHAT'S A COACHING MEETING WITH REEM LIKE?

Hi client.
What's on your
mind for
today's
conversation?



Hmm, where
should I
start...so
many things...

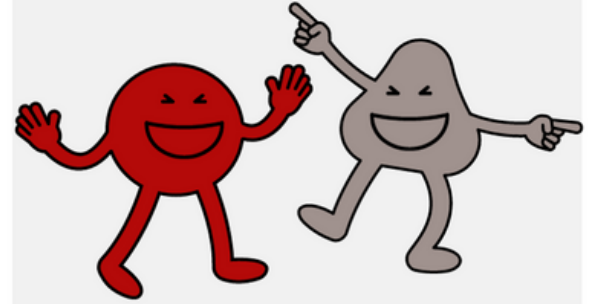


I'm frustrated...I feel like I am
good at giving feedback, but it
doesn't land well with my
team...I'm also positioning myself
for a promotion...I am proud of...



OMG! I'm
talking so
much!

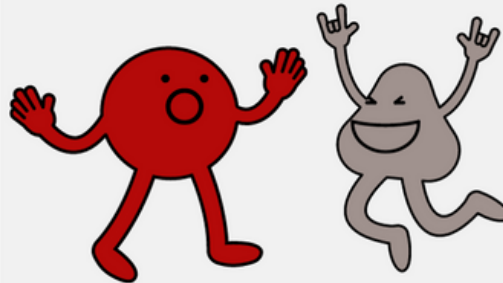
You are not talking too much!
**Coaching is dedicated time
and space for you to process
out loud** and commit to action!



You talk. I listen and ask
questions. You decide what you
want to focus on and what
success looks like for you.



With your permission, I will
offer insight and resources.
Oftentimes, you will come to
your own conclusions and
declare your next steps.



As a client, you should feel that
you are centered in the
conversation and you get what
you need to be successful!



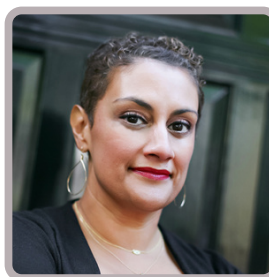
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Thank You!

I hope you found these steps helpful in embracing change and starting a growth journey for yourself.

Email me for a copy of ***My One Page Plan.**



Reem Labib Tyson

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