

**Leadership Coaching Program
Key Learnings & Insights¹
February 5, 2018**

Strength comes from within and so does perspective.
Giving one's self a break can be an elective
Taking a breath and feeling more calm,
Leads one to a position generally more strong.

Increased patience with others of different abilities
Allows one to account for/achieve goals beyond productivity.
When one is aware of the judge and stickler²,
And one's innermost needs to do things right and be particular,
It is easier to control one's own triggers and anger
With a moment's pause, and deep breathes³ as a manager.

While a guard dog is valuable, owl is often better⁴,
Allowing benefit of the doubt, and less anger to fester.
With less anger flow is easier, it smooths out edges,
And allows one to communicate and eliminate relationship wedges.

I can lead from the front, from behind, from the side⁵,
It's not in my nature from conflict to hide.
I learned to use conflict productively, respectfully, adept
Relying on self-analysis, and breaks for a breath (as well as giving myself a break).

Since the day I was born, I've been leader self-selecting⁶,
Wanting to influence, a flare for directing.
Always a teammate, filling many a function
And now a turning point in my life, a new junction.
Because I am a key part of [my company's] emotional and working core
In that I can take pride, in different leadership roles.

In managing self-criticism and unreasonable expectations,
I can avoid getting angry, at externally imposed limitations.
And help to improve processes, leading from within systems⁷,
Managing my triggers in causes, not symptoms.

I have gained knowledge of saboteurs, and knowledge is power
Working free of distress⁸ saves hours and hours.
With plenty of eustress pushing me to evolution
Analyzing encounters, deals, situations, with each revolution.

Taking better care of myself above an innate need to please⁹,
Will have me feeling better and achieving higher degrees
Of successes, personal and professional.
The results are objective and less hypothetical.

With much work to do, I'm on a journey with a grin
Well on my way to evolving the leader within¹⁰.

*Anonymous
FosterEssence Client – Senior Director*

¹ Permission to share anonymously – name/company information removed

² Positive Intelligence – Saboteur Assessment

³ R&R for Life – Stress Management – Six Seconds Pause

⁴ R&R for Life – Stress Management – Neuroscience for 5 – 95 year olds

⁵ Co-Active Leadership – Sparking the Leader Within

⁶ Co-Active Leadership – Sparking the Leader Within

⁷ Systems-Inspired Leadership – Sparking the Leader Within

⁸ R&R for Life – Stress Management – Understanding Stress Module

⁹ The Leadership Circle Profile – 360 Assessment – Manager Edition

¹⁰ Co-Active Leadership – Sparking the Leader Within