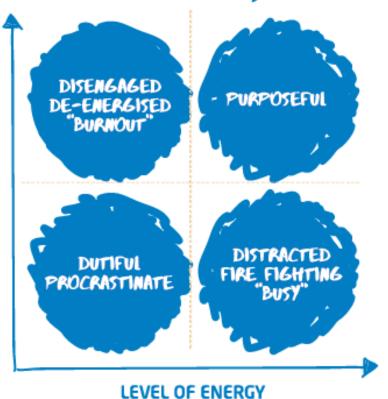


Outline

- Conscious Practice review
- Me at my Best
- Playing to Win
- The 'Shadow I Cast'
- Self-limiting beliefs & 'Imposter' syndrome
- BIG Relationships
- Relationship audit
- Building Trust
- Engaging others
- Conscious Practice

BUSY MANAGER



LEADER MANAGER OPERATOR



Set own context



Work within others context

FOUR ENERGIES OF LEADERSHIP

PHYSICAL (20)

Gestures Stamina Physicality Tone Voice Motion Volume

AGGRESSIVE

EMOTIONAL

Openness
Passion
Vulnerability
Listening
Relationships
Rapport
Empathy
Trust

MANIPULATIVE

INTELLECTUAL 😡

Thinking Formality Debating Structure Eloquent Rational Logical

OPINIONATED

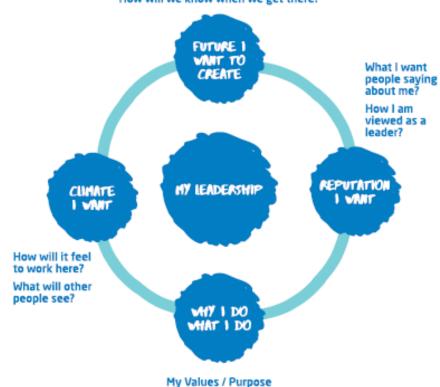
SPIRIT



Higher purpose
Stillness
Calm
Resolute
Vision
Possibility
Belief
Meaning
ZEALOT

LEADERSHIP

What will success look like? How will we know when we get there?



What drives me forward?

THE SEA! I'M SWIMMING IN

LISTENING

Down the pub

- ★ Talking over each other
- Waiting for the other to draw a breath

That happened to me

- ★ Conversation ping pong
- Comparing what they say to your perspective

Have you tried? This is what you need to do...

- ★ Coming up with solutions
- "Fixing them"

That's interesting

- ★ Curiosity
- ★ Focus on them/their needs
- Listen to understand

Conscious Practice Review

- Any changes to my sea?
- What have I noticed since our last session
 - My leadership style
 - Leader / Manager / Operator
 - Busy vs Purposeful?
 - Climate in my team
 - Sharing my vision
- Any successes / failures?
- What have I done differently?

Playing to win not just to avoid losing...

PLAYING TO PLAYING TO AVOID LOSING WIN

Angry Aggressive Righteous Controlling In the detail

Make it happen On the front foot Driving Buzzing Confident

Withdrawn Quiet Playing safe Deferring Isolated

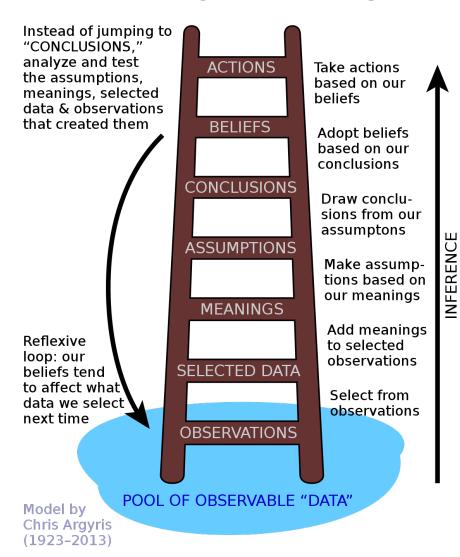
ENER <u>§</u>

Calm energy Peaceful Reflective See big picture Grace under pressure



- What pushes me into the RED?
- How do pull myself back into the GREEN?

LADDER OF INFERENCE



IMPORTANCE OF LANGUAGE

PLAYING TO AVOID LOSING

"I can see this being a problem"

"You need to stop making so many mistakes"

"Let's aim for 2% growth"

"The market is tough, that's just the way itis."

PLAYING TO

"How can we make this happen?"

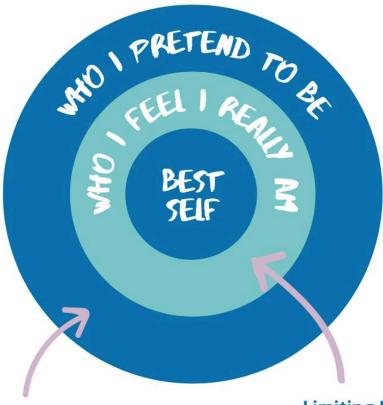
"We need to build on your strengths"

"How can we be the best in our field?"

"The market is tough, how can we use this to our advantage?"



self limiting beliefs



Armour/Mask

Limiting Beliefs (not true)

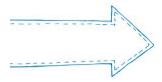
self limiting beliefs

Example: Self limiting belief is about senior people/hierarchy



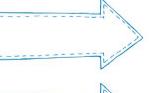
BEST SELF



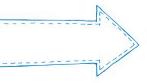


Think of a time when you were most purposeful:

- ★ Describe what happened
- ★ Which of the 4 energies did I use?
- ★ What impact did I have on others?
- ★ How did it feel?
- ★ How did this fit with what I care about?
- ★ What results were achieved?



Speak from 'I'



Dare to boast

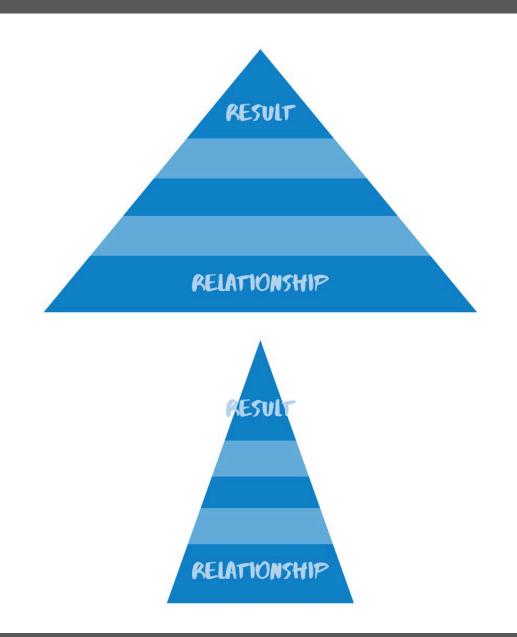


HOW IT 'LANDS'
ON OTHER
PEOPLE

THE SHADOW CAST...

- When I am at my best, what is it like to be around me?
- What impact do I have on you?
- When I am not at my best, what is it like to be around me?
- What impact do I have on you?





RELATIONSHIP triangle

RESULTS

ACTIONS

PLANNING/PRIORITIES

POSSIBILITIES/VISIONING

RELATIONSHIPS



S/M/L

Types of RELATIONSHIP



Create Design:

- ★ make a connection
- ★ common ground
- what is important to them?



Build Grow:

- ★ How will we work together?
- ★ What do we both need?



Pepair:

- acknowledge the past
- ★ state you want to move on
- ★ co-create the future

equation

$$T = C + R + 1$$

T = TRUSTWORTHINESS

C = CREDIBILITY

R = RELIABILITY

1 = INTIMACY

S = SELF INTEREST

T = Trustworthiness

C = Credibility

R = Reliability

| = Intimacy

S = Self Interest

Name:

Employee Engagement





Organisations with higher engagement level



- Outperformed the total stock market index
- Posted total shareholder returns 22% higher than average



Twice the annual net income



Companies with engagement scores in the top quartile averaged 12% higher customer advocacy

84% of 'Worlds Most Admired' Companies stated their efforts to engage employees had strengthened customer relationships

GALLUP[°]

HayGroup®



Engagement scores in the top quartile averaged **18% higher productivity**



71% of companies with above average employee engagement performed above their sector average





59% of engaged employees say work brings out their most creative ideas – only 3% of disengaged employees agree

Engaged employees are more likely to search out new methods, techniques and transform innovative ideas







Engaged employees in the UK take an average of **2.7** sick days per year, while disengaged staff take **6.2**



Sickness absence costs the UK economy **£17 billion** per year





High levels of engagement are **positively** associated with wellbeing







Bottom 10% has 2x voluntary turnover





Organisations with low engagement experience 62% more accidents



What is engagement?

DEFINITION OF ENGAGEMENT

EMOTIONAL COMMITMENT AN INDIVIDUAL HAS TO AN ORGANISATION AND IT'S GOALS. THIS EMOTIONAL COMMITMENT MEANS ENGAGED INDIVIDUALS ACTUALLY CARE ABOUT THEIR WORK AND THEIR COMPANY.



-forbes.com 22/06/12

Exercise

Think of a time you've been truly engaged

- What was the topic / project?
- What did the person do?

FOUR ENERGIES OF LEADERSHIP

PHYSICAL PO



INTELLECTUAL 10



Gestures Stamina Physicality Tone Voice Motion Volume

AGGRESSIVE

Thinking Formality Debating Structure Eloquent Rational Logical

OPINIONATED

EMOTIONAL 🖾



Openness Passion Vulnerability Listening Relationships Rapport Empathy Trust

MANIPULATIVE





Higher purpose Stillness Calm Resolute Vision Possibility Belief Meaning

ZEALOT

ENGAGEMENT LADDER



RESISTANCE

UNAWARE

I make it my idea

"Great idea, count me in, glad we're doing it, I'll champion it"

Go along with it, do what is required, little ownership "You're the boss"

"You can tell me, I will do it" – don't expect enthusiasm

Not willing to invest energy "Why should I?"

Don't agree with it Will challenge / sabotage

No relationship "Why are they doing this?"

ENGAGEMENT activity

WITH YOUR FUTURE IN MIND:

- ★ Identify a key short-term deliverable
- Map current levels of engagement for key players – include yourself

IN PAIRS

- Share and decide where you need people to be
- Agree who you need to focus on over the next few weeks

Conscious Practice

- Continue to raise your awareness:
 - Busy vs Purposeful
 - Your leadership style
 - Playing to win not just to avoid losing
 - You at your best
 - Be aware of your 'self-limiting beliefs'
- Take steps to build your key relationship and consider the level of trust
- Look at options to increase engagement in your team

Check out

- What's struck me most about today?
- What will I be working on?