

Build an Exceptional Team that Gets Results

Session 1

It Starts with You: Self Awareness is Key

LUANN UNIVERSITY

UNCOVER YOUR LEADERSHIP PHILOSOPHY

1. Identify 5 core values you feel describe and guide who you are as a leader (examples below). Place them in the following chart.

Achievement	Balance	Creativity	Health	Loyalty
Activity	Challenge	Diverse perspectives	Humor	Respect
Advancement	Change	Duty	Harmony	Spirituality
Adventure	Collaboration	Growth	Integrity	Wisdom
Affiliation	Community	Family	Joy	
Affluence	Competency	Financial security	Justice	
Authority	Competition	Freedom	Kindness	
Autonomy	Courage	Friendship	Love	

2. Place your 5 values in the following chart and answer the questions.

Your Values	Personal definition of values	How do these values influence your leadership?
1.		
2.		
3.		
4.		
5.	luannnigara.com	

UNCOVER YOUR LEADERSHIP PHILOSOPHY

3. Explore and reflect on what influences your leadership thinking.
 - Reflect on a positive experience you've had with leadership and another that was a negative experience. What kind of impact did these two experiences have on you? How does this influence your views on leadership?
 - Write your definition of leadership and the key characteristics needed to lead.
 - Describe individuals or organizations that influence how you view leadership.
4. Draft your leadership philosophy, in any format that works for you. What is your north star? Aim to clearly describe what you believe in and what you stand for. It can be one sentence statements or a narrative explaining your philosophy.

Examples:

- I believe that leadership is a journey that consists of followers and leaders.
- I lead with empathy, listen attentively, seek to understand, and leverage the experience and talents of others fully.
- I use my words to encourage everyone to do their best.
- I live, work and lead in joy.