

My Method 2024

The Process: Leadership Resonance Blueprint

[Diagram](#)

A targeted, strategic process designed specifically for new leaders looking to sharpen their effectiveness without the strain of stress or burnout. This method ensures that new leaders can maximize their impact, streamline team productivity, and cultivate a resilient, strategic mindset.

"Think of the Leadership Resonance Blueprint as the journey towards balanced, impactful, and rewarding leadership."

- What it is: The overarching process that we take our clients on to achieve balanced, impactful and rewarding leadership.
- Purpose: To help new leaders excel with confidence in their role, develop resilience, perform their best & become an indispensable part of the company, without the stress, overwhelm and burnout that often comes with it.

Principles of Leadership Resonance:

- Compassion & Authenticity: Embrace your true self and lead with honesty, integrity & compassion.
- Purpose: Align your actions with your values and vision to drive meaningful impact.
- Resilience: Cultivate inner strength and adaptability to overcome challenges.
- Trust: Foster a culture of trust and autonomy, empowering yourself and others.
- Collaboration: Embrace teamwork and diversity to achieve collective success.
- Innovation: Embrace creativity and embrace change to drive growth and innovation.
- Harmony: Prioritize work-life harmony and well-being to sustain long-term success.
- Continuous Growth: Commit to lifelong learning and personal development to stay ahead in your leadership journey.

Steps of the Program

1. Your steps to becoming a PowHerful leader

i) Assess your brilliance

- (1) Take the [enter name] Assessment
- (2) Identify your Working Genius
- (3) Audit your Leadership
- (4) Take stock of your strengths
- (5) Get clear on your values

[Plan] for success

- Dial in your vision
- Create your success plan
- Set your affirmations & visualization

ii) [Reset] your nervous system

- (1) 30 day reset

iii) Build [your inner bubble resilience]

- (1) Identify your Stress Triggers
- (2) Learn tools to manage stress now
- (3) Create rituals for long-term stress reduction
- (4) Learn how to let go of toxic beliefs & habits

iv) Protect [outer bubble]

- (1) Set your non-negotiables
- (2) Communicate your boundaries
- (3) Protect your time & energy

v) Grow [outer bubble]

- (1) Mindful communication techniques
- (2) Strategic & Intuitive Decision Making
- (3) Setting up your performance triggers
- (4) Managing difficult feedback & conversations
- (5) Be heard (speaking and presenting)

vi) Perform [mastering high-growth leadership] [prerecorded]

- (1) Managing pivots
- (2) Delegation

- (3) Dealing with crisis
- (4) KPI and progress tracking
- (5) Hiring checklist
- (6) Handling 1:1s
- (7) Productive standups & meetings
- (8) Presenting your ideas
- (9) Getting Buy-in and building trust
- vii) Extra: Cross collaboration & processes

Outcomes for New Leaders:

- **Sustaining their roles without burning out:**
 - Maintaining consistent high performance without experiencing fatigue or exhaustion so that they can lead their teams with energy and enthusiasm, **driving innovation and growth.**
- **Being hyper-productive:**
 - Accomplishing tasks and goals efficiently and effectively, maximizing output in minimal time so that they **can achieve their objectives with ease and confidence**, propelling their career **advancement.**
- **Hiring teams with complementary skill sets:**
 - Building diverse and well-rounded teams with members who possess a variety of skills and expertise so that they can foster collaboration and creativity, **achieving breakthrough results and surpassing expectations.**
- **Doing the things only they can do [in zone of genius]:**
 - Focusing their time and energy on tasks that **leverage their unique strengths and abilities**, maximizing their impact and contribution so that they can **lead their organization to success.**
- **Creating workflow mastery using team boundaries and processes:**
 - Establishing clear boundaries and processes within the team, ensuring smooth workflow and efficient task execution so that they can **optimize productivity and performance, achieving their goals** with precision and accuracy.
- **Confidently navigating high-stress situations:**
 - Demonstrating **composure and resilience** when faced with challenging or high-pressure circumstances, making informed decisions and **taking decisive action** so that they can **overcome obstacles and emerge stronger and more resilient than before.**

- **Managing self and team stress effectively:**
 - Implementing strategies and practices to **mitigate stress and promote well-being**, fostering a **positive and supportive team environment** so that they can cultivate a culture of well-being and engagement, **enhancing overall team morale and productivity**.
- **Making decisions strategically to benefit the wider company:**
 - Making **informed and strategic decisions** that **align with the organization's goals and objectives**, driving growth and success so that they can steer their organization towards sustainable growth and competitive advantage, **positioning themselves as a strategic leader within the company**.
- **Creating work-life harmony and prioritizing that:**
 - Balancing their professional responsibilities with personal well-being and fulfillment, achieving harmony and satisfaction in both areas of their life so that they **can thrive personally and professionally, leading a fulfilling and purpose-driven life**.

Tool: Leadership Bubble of Balance (LBOB):

A dual-component framework that develops both your personal mastery and your active leadership skills:

- Inner Bubble: Focus on emotional intelligence, resilience, and self-awareness.
- Outer Bubble: Enhance your ability to communicate, strategize, and set boundaries

Final Takeaway:

By following my LRB method, you'll step into leadership roles with certainty and drive, capable of managing complexities with strategic insight and maintaining a healthy balance between your professional and personal life. This method isn't just about leadership development—it's about transforming you into a leader equipped for the future of business.

LONG VERSION:

The Process I use to help leaders master their role + create massive impact in their organization, without stress and burnout, (so they have more time, energy & \$\$ to do what lights them up)

Alongside other benefits:

Tangible Outcomes of working with me in depth:

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The Method

Leadership Resonance Blueprint

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1. Discover your Foundation.

Embark on your leadership journey with the first step: Discover Your Foundation.

Here, we dive deep into your unique strengths, values, and aspirations, setting the stage for authentic and impactful leadership. Through the lens of the Leadership Resonance Blueprint, we uncover what truly drives you and we define your path to success.

- **What We Do:**
 - Begin with a deep dive into who you are — exploring your strengths, values, and what makes you tick. It's about understanding your emotional landscape, finding your values, and aligning them with your leadership role. It's really an assessment to **take stock, see where are you now, where you want to be, and what needs to change.** Then we put together a plan to get you there.
 - How we do it:
 - Assessments
 - Coaching on blindspots and beliefs
 - Value exploration exercises
 - Goal Setting & action planning

Outcome: Discover Your Foundation

By the end of the "Discover Your Foundation" module, participants will have a thorough understanding of their personal leadership drivers and a clear path tailored to their unique strengths and values. This foundational step is crucial for authentic and impactful leadership.

Key Takeaways Include:

- Self-Awareness: Gain deep insights into your personal strengths, values, and aspirations through comprehensive assessments.
- Actionable Leadership Plan: Develop a personalized action plan that aligns with your identified strengths and values, setting a clear trajectory for your leadership journey.

- **Blindspot Identification:** Through coaching, identify and address any blindspots and limiting beliefs that could impede your leadership effectiveness.

Empowered Start: Armed with a solid understanding of your foundational traits, you'll be well-prepared to lead with authenticity and influence, making decisions that are true to your values and vision.

2. Strengthen Your Inner Bubble (Inner Bubble Mastery)

Building upon your foundation, we move into the heart of your leadership growth: Strengthen Your Inner Bubble.

This phase is all about cultivating resilience, clarity, and alignment within yourself. With a blend of somatic practices, mindfulness and nervous system work, we empower you to navigate stress, overcome limiting beliefs, and establish empowering rituals. Get ready to unleash your inner leader with confidence and purpose.

- **What We Do:**
 - Focus intensively on developing your inner resilience.
 - Through somatic practices and applied neuroscience, we enhance your stress response, rewire unsupportive thoughts, and establish rituals that bolster your leadership goals. This step is about mastering your inner self to ensure you're unshakable, no matter what comes your way.
- **How we do it:**
 - Meditations
 - 30-day resilience challenges
 - Rituals
 - Visualization
 - Movement
 - NLP
 - EMDR exercises
 - Coaching

Outcome: Strengthen Your Inner Bubble (Inner Bubble Mastery)

Participants completing the "Strengthen Your Inner Bubble" module will emerge with a fortified inner resilience, equipped with tools to maintain clarity and alignment under pressure. This phase is designed to bolster your inner leader, preparing you to handle the challenges of leadership with grace and confidence.

Key Takeaways Include:

- **Enhanced Resilience:** Through somatic practices and mindfulness exercises, significantly boost your ability to manage stress and adversity.
- **Rewired Thought Processes:** Apply neuroscience and EMDR exercises to rewire unsupportive thoughts and foster a mindset conducive to leadership.
- **Establishment of Empowering Rituals:** Develop and commit to personal rituals that support your leadership goals, enhancing daily performance.
- **Visualization and Goal Reaffirmation:** Strengthen your vision for leadership through targeted visualization techniques and reaffirming your goals.

Deepened Leadership Capability: With increased resilience and a clear, aligned internal state, you'll be ready to lead effectively and authentically, ensuring your actions resonate deeply with your team and organizational objectives.

3. Solidify Your Outer Bubble (Outer Bubble Mastery)

As you solidify your inner leadership, we turn our attention to your outward interactions: Solidify Your Outer Bubble.

Here, we refine the way you communicate, handle conflict, get buy in, motivate your team and hold up boundaries. We empower you to build trust, inspire your team, and create a culture of collaboration.

- **What We Do:**
 - Now, with a firm grasp on your inner world, we expand your influence outward. We refine how you interact with your team and environment, focusing on mindful communication, boundary-setting, and productivity. This stage is about asserting your leadership effectively and compassionately, ensuring your vision and direction are clear and compelling.
- **How we do it:**

- Workshops (mindful communication & boundaries, building collaborative teams)
- Getting buy-in mini-course
- Meeting Templates
- Coaching

Outcome: By the end of the "Solidify Your Outer Bubble" module, participants will have honed their external leadership capabilities, equipped with advanced strategies for effective communication, conflict resolution, and team motivation. You will walk away with practical tools and insights to enhance your interactions, ensuring that you not only articulate your vision clearly but also inspire and mobilize your team towards shared goals.

Key Takeaways Include:

- **Enhanced Communication Skills:** Master the art of mindful communication that fosters openness and understanding within your team.
- **Effective Trust building Strategies:** Gain techniques to secure team buy-in through persuasive and inclusive dialogue, ensuring everyone is aligned and committed.
- **Motivational Skills:** Discover how to inspire and motivate your team, driving performance and dedication to common objectives.
- **Strong Boundary Setting:** Develop robust boundary-setting practices that respect both personal and team space and needs, enhancing overall team dynamics.

Empowered Leadership: You will emerge as a more confident and influential leader, capable of building a culture of collaboration and trust, essential for any high-performing team. Through workshops, practical courses, and personalized coaching, this module not only solidifies your leadership skills but also amplifies your impact as a leader in any organizational setting.

4. Master High-Growth Leadership

In the final stretch of your journey, we arm you with the tools and strategies to Master leadership in a growing or scaling business . We help you navigate the unique challenges of the startup & scale-up world with confidence and resilience. From managing pivots to dealing with crisis, you'll

emerge as a strategic leader ready to make waves in your industry. Get ready to lead with resonance, achieving success on your terms without sacrificing your well-being.

- **What We Do:** Armed with a robust inner foundation and external leadership skills, you're ready to tackle the unique challenges of startup leadership. This includes navigating pivots, dealing with crisis, hiring, setting team KPI's and managing founders. We ensure you're seen as a strategic, invaluable leader who drives success without succumbing to the pressures that often accompany high-stakes environments.

Outcome: Upon completing the "Master High-Growth Leadership" module, participants will be adept at navigating the complex dynamics of growing or scaling businesses. This final stretch equips you with the strategic acumen and skills needed to thrive in high-stakes environments.

Key Takeaways Include:

- **Strategic Problem Solving:** Learn to manage pivots and crises effectively, using strategic thinking to turn challenges into opportunities.
- **Team Management and KPI Setting:** Acquire skills to hire effectively, set clear team KPIs, manage performance, and drive success through effective team leadership.
- **Conflict Resolution Techniques:** Learn to navigate and resolve conflicts efficiently, maintaining team harmony and productivity.
- **Innovative Leadership Skills:** Embrace and lead change by encouraging innovation and adaptability within your team and organization.

Strategic Leadership Mastery: You'll emerge as a strategic leader capable of driving success and fostering innovation in a fast-paced, ever-evolving business landscape, all while maintaining your well-being and supporting the growth of those around you.

Final Outcome: Leadership Transformation Achieved

By the end of this comprehensive leadership course, you will have significantly transformed your approach to leadership and be confident to step into your next big role. This is not just about acquiring skills—it's about mastering a suite of powerful tools that enhance every aspect of your leadership.

What You'll Gain:

- Deep Self-Understanding: You'll have a solid grasp of your personal strengths and values, aligning your leadership with authenticity.
- Enhanced Resilience: You'll develop robust strategies to manage stress and adversity effectively, maintaining performance under pressure.
- Advanced Communication Skills: Expect to master the art of communication, from motivating your team to managing conflicts with ease.
- Empowered Team Leadership: You'll excel in fostering a collaborative environment that empowers your team to thrive and excel.
- Strategic leadership: Tooled to navigate the complexities of a growing business, you'll handle challenges with strategy and confidence.

This program helps you step into your full-bodied leadership. One who drives success while maintaining a clear vision and a strong sense of personal integrity. You're set to lead with resilience, and competence, inspire with clarity, and impact your organization positively.

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The TOOL we use in the method :The Leadership Bubble of Balance

Core Concept:

The Leadership Bubble of Balance (LBOB) is a holistic framework designed to enhance leadership effectiveness by harmonizing internal self-mastery with external leadership actions. It comprises two main components: the Inner Bubble and the Outer Bubble, each focusing on different aspects of leadership development.

1. Inner Bubble: Personal Mastery You

- Emotional Mastery: Developing resilience, stress management, and emotional intelligence to maintain composure and clarity under pressure.
- Self Exploration: Enhancing self-awareness, aligning personal values with professional roles, and uncovering one's purpose and passions to lead authentically.
- Mind-Body Alignment: Cultivating a strong mind-body connection through practices like meditation, somatic exercises, and ritual creation to improve focus, energy, and well-being.

2. Outer Bubble: Leadership in Action You + other

- **Mindful Communication:** Building effective communication skills, setting healthy boundaries, and fostering mentorship and compassion within teams.
- **Intentional Action:** Clarifying goals and visions, making strategic decisions, and managing change to drive team alignment and achieve objectives.
- **Knowledge Expansion:** Continuously feeding the mind with new information, understanding personal strengths and areas for growth, and leveraging this insight for leadership development.

Harmonizing the Bubbles:

The interplay between the Inner and Outer Bubbles creates a dynamic leadership approach that is resilient, adaptive, and impactful. Leaders are encouraged to continuously reflect on and refine their practices within both bubbles, ensuring personal growth and professional excellence are in constant alignment.

Outcome:

Leaders who engage with the LBOB framework are equipped to navigate the complexities of modern leadership with confidence, agility, and a deep sense of purpose. They achieve a balance that not only propels their teams and organizations forward but also supports their personal well-being and fulfillment.

Notes:

Module 1- Step 1: Discover Your Foundation

In this foundational step, you'll clarify your leadership vision and align it with your personal values. Through self-exploration and reflection, you'll gain deeper insights into your strengths, weaknesses, and leadership style. By identifying your unique talents and optimizing your focus, you'll lay the groundwork for effective leadership grounded in authenticity and purpose.

Outcome: Upon completion, you'll have a clear vision for your leadership journey, aligned with your values and strengths. You'll also possess enhanced focus and self-awareness, setting the stage for confident and purposeful leadership.

We deliver this through a mix of live calls, video training and self study..

1. Session 1 Live Call: Vision & Values - Setting the Big Intention + Workbook
Clarifying your core values and setting a vision for your leadership journey.
2. Session 3 Self-Study: Self Exploration: Deep dive into personal strengths, weaknesses, and defining moments.
3. Session 4 Live Call: Setting Goals for your growth as a leader + Workbook :
Defining clear, actionable goals aligned with your vision.
4. Session 5 Self-Study: Attention Audit: Evaluating where your attention is best spent and adjusting as needed for growth.
5. Additional resource: Working Genius Overview + Link to Assessment: Identifying your unique genius and areas

Module 2- Step 2: Strengthen Your Inner Bubble

This step focuses on strengthening your inner resilience and well-being. You'll learn strategies to manage stress effectively, maintain work-life harmony, and cultivate empowering rituals for success. By using somatic practises to connect your mind and body you'll nurture self-confidence and develop the mindset and habits needed to navigate challenges with resilience and achieve your leadership aspirations.

Outcome: By mastering stress management, establishing supportive rituals, and developing next-level self-awareness, you'll enhance your overall well-being and leadership effectiveness. You'll also cultivate a resilient mindset, enabling you to overcome obstacles and lead with confidence.

1. Session 1 Video Training: LBOB: Understanding how we work and the model we will use
2. Session 2 Video Training: Capacity for Stress & Emotional Resilience: Assessing how you handle stress and your level of resilience.
3. Session 2 Video Training: Mindset Mastery & Somatic Rewiring: Techniques for cultivating a success-oriented mindset and changing your beliefs both mind and

body.

4. Session 3 Video Training: Stress Management & Work-Life Harmony: Learn effective mind-body strategies to manage stress, prioritize self-care, and achieve a healthy balance between work and life responsibilities.
5. Session 4 Self-Study: Creating Your Own Rituals: Designing personal rituals for success and balance.
6. Extra resource- Confidence Cultivation: Strategies to build and maintain confidence in your leadership.
7. Extra resource- Somatic leadership - an overview
8. Extra resource- 30 day reset- additional resource
9. Burnout prevention pack - additional resource repurposing the pod

Step 3: Solidify Your Outer Bubble

In this step, you'll hone your external leadership skills to engage and inspire others. You'll develop effective communication strategies, foster team engagement, and set healthy boundaries for balance. By embracing adaptability and strategic decision-making, you'll enhance your leadership impact and create a culture of trust and collaboration within your team.

Outcome: Upon completion, you'll possess strong communication and interpersonal skills, enabling you to lead with clarity and influence. You'll also create a supportive team environment, characterized by trust, engagement, and alignment with organizational goals.

1. Session 1 Live Call: Mindful Comms: Enhancing communication skills for effective leadership.
2. Session 2 Self-Study: Maximizing Productivity and focus for you and your team
3. Session 3 Live Call: Setting Boundaries: Learning to establish healthy boundaries at work
4. Session 4 Video Training: Creating an Adaptable and Flexible team. Processes and communication to use.
5. Session 5: Managing conflict between colleagues and in your team

Communication and Team Dynamics:

6. Session 5 Self-Study: Strategic Thinking and Decision Making: Developing a strategic and intuitive mindset to anticipate future trends, identify opportunities, and make informed decisions.
7. Session 6: Delegation and how to get it done easily

Step 4: Master High-Growth Leadership

This final step equips you with the tools and mindset needed to thrive in the dynamic startup environment. You'll embrace agility, build trust, and empower your team to drive organizational success. By mastering leadership in high-pressure situations and achieving work-life harmony, you'll emerge as a strategic and resilient leader capable of navigating challenges and seizing opportunities for growth.

Outcome: By mastering high-growth leadership, you'll position yourself as a valuable asset to your organization, driving innovation, growth, and success. You'll also achieve a sustainable work-life balance, enabling you to lead with confidence and fulfillment.

1. Session 1: Video Training: Dealing with Pivots & Uncertainty: Adapting to change with agility and resilience.
2. Session 2 Self-Study: Getting Buy-In & Building Trust: Cultivating trust and securing team commitment.
3. Session 3 Self-Study: Hiring the Right People: Expanding your team with the right people and effectively delegating tasks.
4. Session 4 Video Training: Crisis management and thinking on your feet
5. Session 5 Live Training: Team Engagement Strategies: Implement strategies to foster team engagement, collaboration, and cohesion, creating a culture of trust, respect, and shared purpose.
6. The Friday Email + audio repurpose
7. DEI in startups additional resource

Clear Deliverables

Clearly outline what your customers will receive, whether it's a product, a service, or both.

1. 12 x 1:1 Weekly Coaching Calls & feedback sessions
2. M-F Whatsaap support
3. Private Community Access
4. Lifetime access to a library of modules and pre-recorded sessions
5. Additional resources
6. Workshops & Masterclasses
7. Add on: Group Calls

The Process

Leadership Resonance Blueprint: This term would serve as the overarching structure for the leadership development process you offer. It encompasses the journey—comprising specific, strategic steps or pillars—each leader goes through to achieve resonance in their leadership practice. This blueprint is about the transformational path, focusing on how leaders can align their personal values, strengths, and leadership style with their professional environment to create impactful, harmonious outcomes.

The Tool

Leadership Bubble of Balance: Within the broader context of the "Leadership Resonance Blueprint," the "Leadership Bubble of Balance" explains the foundational concept of balancing the inner self (emotional mastery, self-exploration, mind-body alignment) with external leadership actions and interactions (communication, strategic action, knowledge expansion). It's a key part of the journey, providing the theoretical and practical basis for achieving leadership resonance.

By distinguishing between the two this way:

- The Blueprint is the journey and structured process your clients will embark on.

- The Bubble of Balance is a core model or tool used within this journey to achieve the desired state of leadership resonance.