

Self-Regulation as a Leadership Responsibility

Purpose: Reframe regulation as the gateway to leadership capacity.

1) When pressure rises, the leadership capacities I most want access to are:
(e.g. clarity, patience, listening, steadiness, discernment)

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2) Signs that I've lost access to those capacities include:
(e.g. rushing, tightening, controlling, withdrawing)

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3) Up until now, I've mostly treated self-regulation as:

- a personal wellbeing issue
- something to do after work
- a “nice to have”
- something I should already be good at
- a leadership responsibility (new perspective)

4) If self-regulation came first, one thing that would change in my leadership is:

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5) A sentence I'm taking into the next lesson is:

“When I regulate first, I regain access to _____.”

*Self-regulation isn't about calming down.
It's about restoring access.*