

My Leadership State and Its Impact

Purpose: Build awareness of how leadership presence shapes the emotional field.

1) When I enter a room or meeting feeling regulated, others often respond by:
(e.g. settling, engaging, speaking freely)

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2) When I enter feeling rushed or pressured, others often respond by:
(e.g. withdrawing, rushing, becoming cautious)

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3) Under pressure, the state I most often transmit unintentionally is:

- urgency
- tension
- control
- withdrawal
- steadiness
- neutrality

4) One situation where my state has an outsized impact is:

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5) One way coherence could stabilise others in that situation is:

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People regulate around what's present — not what's intended.