

# *Leadership Identity and Flexibility*

**Purpose:** Help leaders notice how identity influences presence and behaviour.

**1) In my leadership role, I'm often identified as:**

(e.g. reliable, decisive, calm, capable)

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**2) Under pressure, this identity can lead me to:**

(e.g. over-hold, over-function, avoid vulnerability)

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**3) Signs that identity is tightening include:**

(e.g. defensiveness, rigidity, loss of curiosity)

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**4) When coherence is present, leadership feels more like:**  
(e.g. presence, responsiveness, steadiness)

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**5) A sentence I'll carry is:**

“I can lead without gripping an identity.”

*Coherence allows leadership to stay human.*