

Strengthening Your LEADership Core

Session Pre-work

Positive Shifts begin with Awareness

This pre-work is meant to provide a benchmark of where you are now regarding successful leadership practices and behaviors.

Pre-read articles:
Huff Post: [How to Switch Off...](#)
HBR: [How to Deal with Constantly Feeling Overwhelmed](#)

Step 1: 24-hour View – Priorities Pie

On a blank piece of paper draw a circle (representing 24 hours); divide each pie slice and note (using drawings and doodles – no words please) based on the number of hours that you spend on each category (I.E. work, sleep, commute, email, meetings, self) to see where you're focusing and where your current priorities lie.

Take time to reflect on the time and energy you are expending. *What is the one area that needs your attention?*

Step 2: Complete on-line Values exercise.

Click [here](#) to access this tool. Take a screen shot or note your top 5 Values
https://cal.women-unlimited.com/POP_exercises.asp

Step 3: Interview at least one of your Mentors (ideally both!) as part of your initial one-on-one meetings.

In your meetings with each mentor, share the insights you gained from the pre-work (24-Hour View Priorities Pie and Values exercise). Discuss how you see LIFO helping/hindering with managing your time and energy and building a strong core.

- ✓ Ask your mentors to share their thoughts / perspectives on their own Priorities and Values.
- ✓ Use the following questions to drive your mentor discussion:
 - What advice can you give about your own experience in building a stronger CORE (time/energy/focus)?
 - How has your LIFO style helped you or gotten in your way with regards to setting boundaries, defining how to spend your energy and focus? What did you do about it?
 - If you knew then what you know now, what would you have done sooner about defining who you are and creating a strong CORE?

Step 4: Discuss your findings and insights with your Peer Team. Be prepared to discuss insights in the session as well.