

**Awareness of
your
emotional
health.**

➔ **START!**

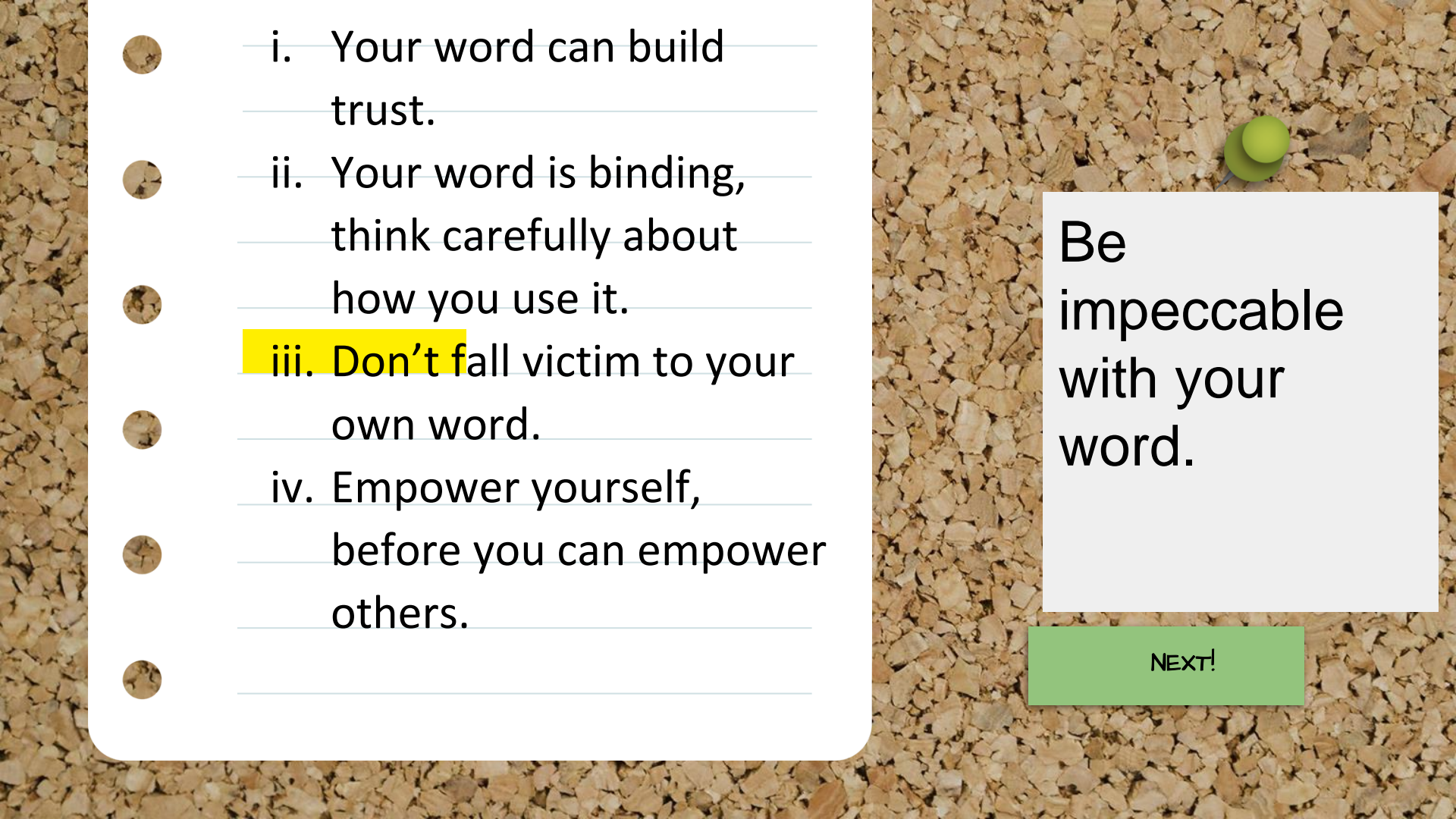
LEADERSHIP

begins with self-awareness,
which means understanding the
impact your thinking and
behavior has on others - as well
as on your own personal
effectiveness.

- Angela Koning -

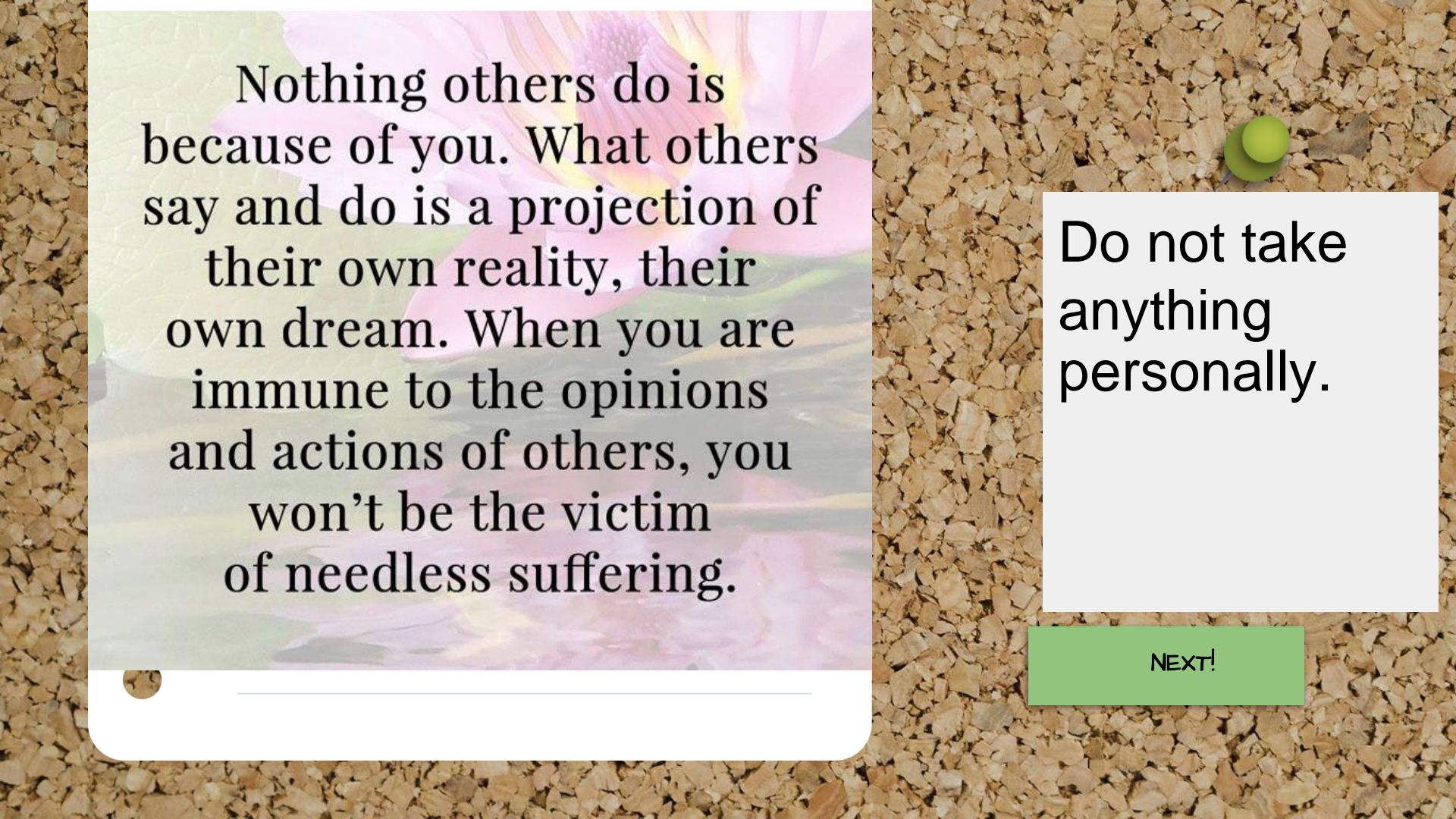


- i. Your word can build trust.
- ii. Your word is binding, think carefully about how you use it.
- iii. Don't fall victim to your own word.
- iv. Empower yourself, before you can empower others.

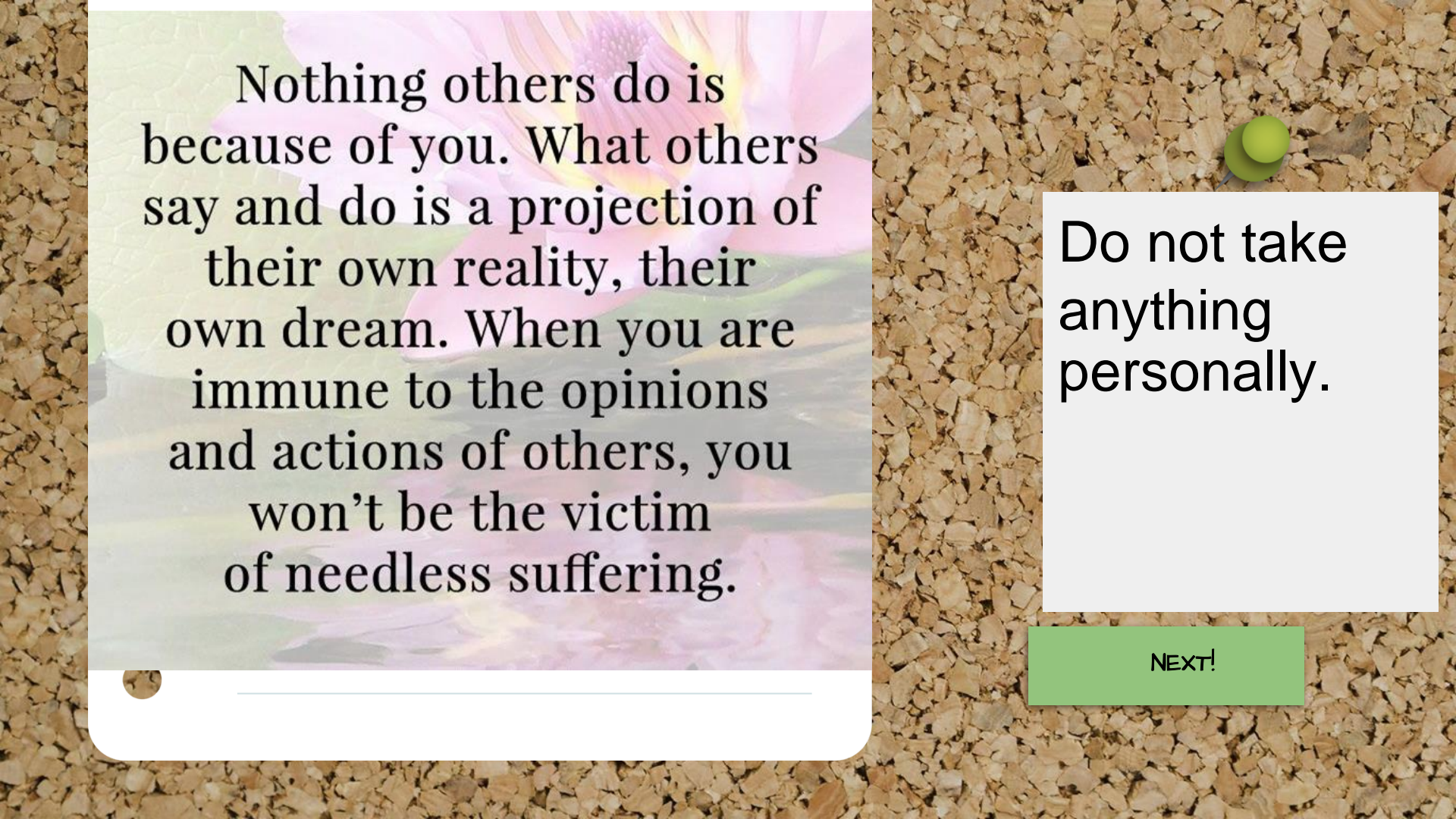


Be
impeccable
with your
word.

NEXT!

A corkboard background with a pink flower and a green pushpin. The text is centered on a white rectangular area.

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

A corkboard background with a green pushpin. The text is centered on a white rectangular area.

Do not take anything personally.

A green rectangular button with the text "NEXT!" in white.

NEXT!

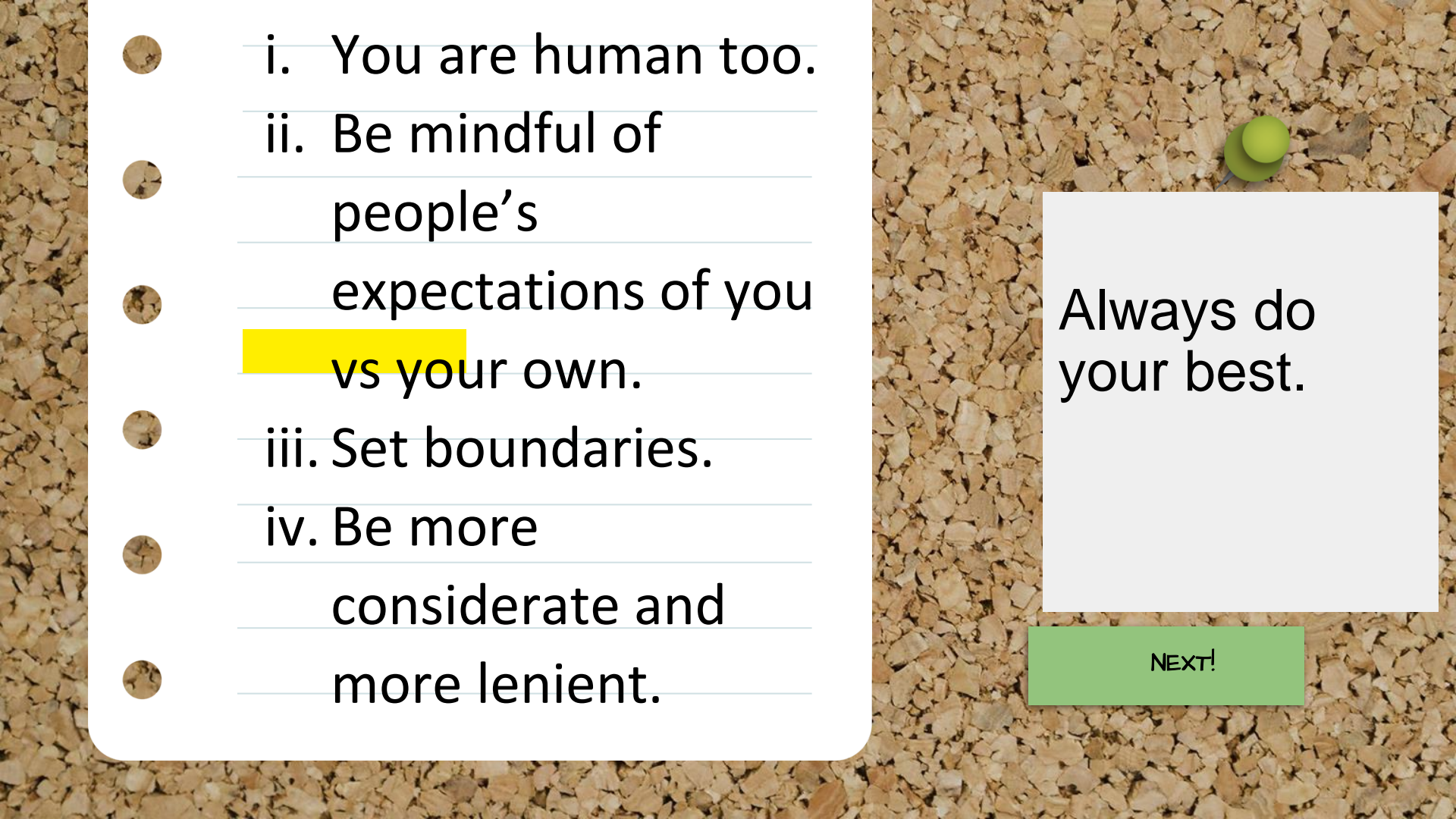
Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.



Do not make assumptions.

NEXT!

- i. You are human too.
- ii. Be mindful of people's expectations of you vs your own.
- iii. Set boundaries.
- iv. Be more considerate and more lenient.



Always do your best.

NEXT!



Break-away rooms

No :

Date :

- As a leader, if I am not aware of my emotional health, how does this affect my leadership?
- How can the awareness of my emotional health improve my role as a leader?

Each participant must share for at least 1 min per question.

