

# Going Forward



# Be the change you want to see

- Be inescapably committed to what (context) you want to create
- Practice, practice, practice vs. teaching and explaining what you've learned



# Apply these tools for yourself

- Do not use these insights to analyze others
- The point is not to explain to people how they are in a Diversion, or pinched, or avoiding their Learning Frontier...
- ...Especially if you are in a position of authority or power—people can perceive that you are “weaponizing” your knowledge of the tools to get your way vs. modeling authentic leadership

# Apply these tools for yourself

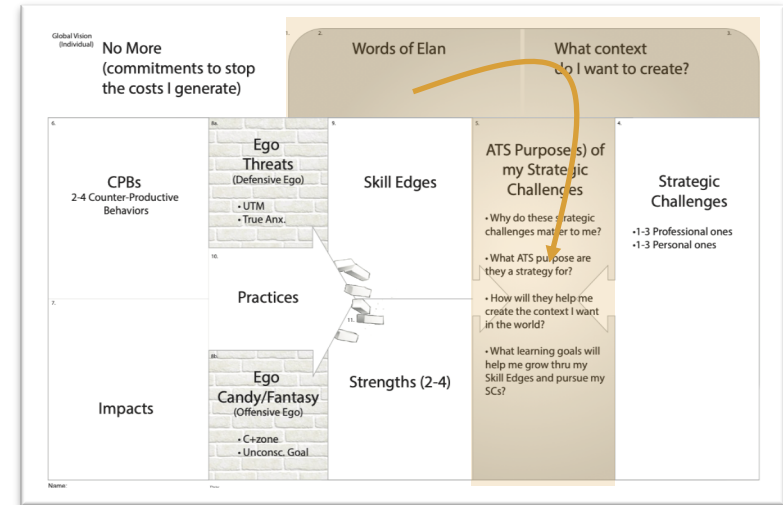
- Don't walk people through processes, exercises or charts or try to do it on them at home (without supervision 😊)
- You can share the content of the Global Vision chart
  - And then ask them how they connect with your observations of yourself
  - And ask them for support

# You have it all in one place...

## Check your chart periodically



1. Remind yourself of what you want to create (6, 7, 9) – Elan/Purpose

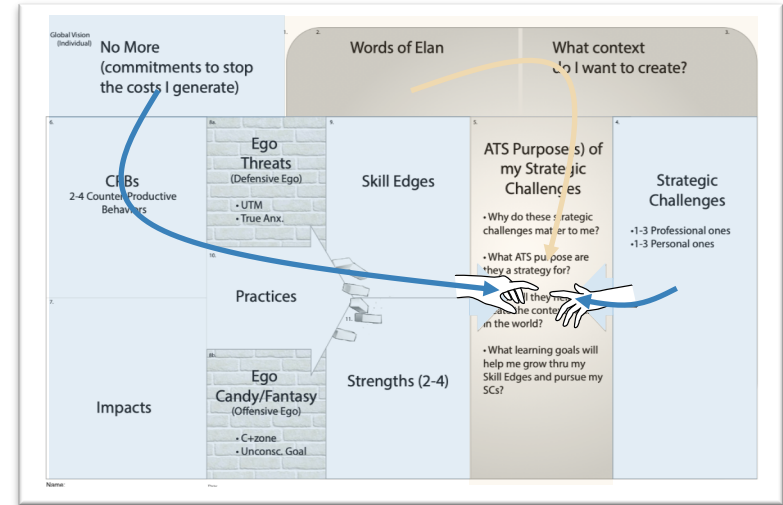


# You have it all in one place...

## Check your chart periodically



1. Remind yourself of what you want to create (6, 7, 9) –Elan/Purpose
2. Remind yourself of how being on a learning path (1 to 5, 11) will help –or is necessary– to accomplish your priorities and Strategic Challenges (8)



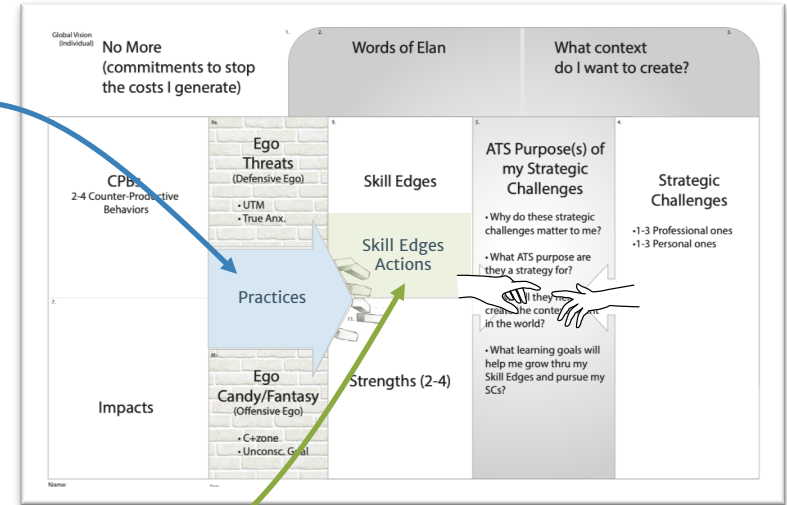
# You have it all in one place...

## Check your chart periodically



3. Check on (and evolve) your Practices

4. Check that you are making progress on your Skill Edge actions and reflect on potential next ones





# Our 4 Collective Practices

## 1. Pinch sorting

### ▶ Creating a safe space

## 2. TIRP

- Recenter yourself instead of being managed by your fears
- Allow others to do the same

### ▶ Communicating more effectively

## 3. ABC-EQ

- Bridge the gaps in my understanding
- Use a practice that invites collaboration and learning (vs. judging and disconnection)



**Instead of avoiding the discomfort**

*Closing my exit doors,  
liberates me*



#### **4. UTM liberating practice**

- a. *Regularly identify the challenging C- (tasks/projects/ open issues)*
- b. *Plan Power Hours in my calendar for some of my C-*

**Instead of avoiding the discomfort**

*Seek out and embrace the  
sensation of incompetence/struggle.*

*It's exciting, it's your learning edge!*



# Be vulnerable with your coach

- Bring Real issues / pinches
- Notice if/when you fall into Image Management with them and bring it up – it's a safe space to practice!
- Identifying and working on what is uncomfortable will create the most change.

# Want extra support?



## → Enroll in “Gutsy Monday”

- ▶ Every Monday, you will receive an email with a reflection prompt (mix of memory boosters, journaling prompts, practice challenge,...)
- ▶ Mostly covering learnings from both sessions of Advanced Mastery, but also Personal Mastery.
- ▶ For 10 weeks
- ▶ Free this time around!

# Want extra support?



## → Enroll in “Gutsy Monday”

- Plan a weekly processing to reflect/practice (anywhere from 5, 10, 15 or 30 min)
  - Use that time for that prompt (usually just 5–10 min) but also to re-read your notes or process something time sensitive (sort a Pinch)

# Want extra support?



## → Enroll in “Gutsy Monday”

- ▶ **If you are interested to receive the weekly email, enroll now by sending a private message to Elizabeth**
- ▶ No obligation to do anything with it
  - Some people don't want to plan the time but still appreciate receiving the prompt
- ▶ My only ask is that you give us feedback at some point (at the end or at any point during the process)