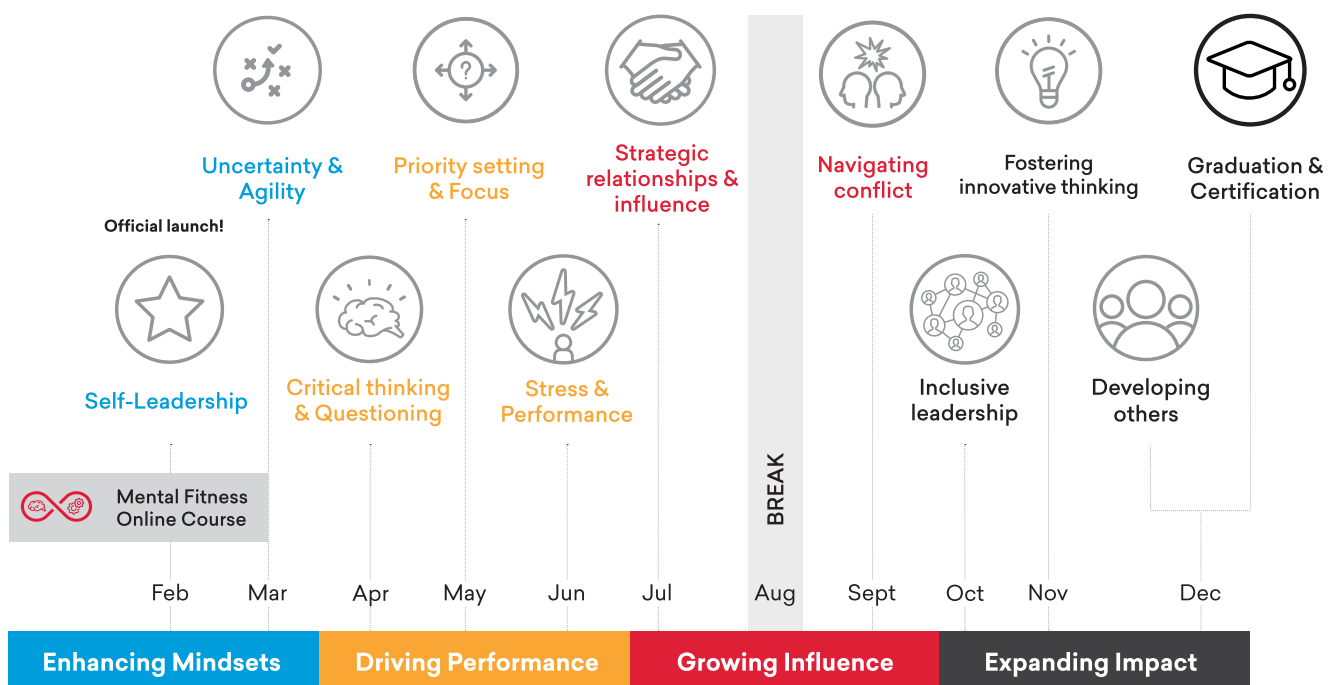


The **EDGE**

Welcome to The EDGE recap for zone 1

Enhancing Mindsets

Session 1: Self-Leadership



This module covers how we learn the skills and methods to regulate our emotions and responses for better working relationships and more effective outcomes.

Ready to get stuck in? Read on, and prepare to have your mindset enhanced!

Enhancing mindsets



Enhancing mindsets

Self Leadership

Optimize your mental fitness to navigate challenge, change, and setbacks

Uncertainty and Agility

Learn to thrive through change and develop an agile mindset

Session 1: Self leadership

Date: 16th February 2023

Trainer: Jodie Rogers

In our first session, we dove deep on **thoughts and feelings**. How do we lead them rather than being led by them? How do we stop them from **taking us hostage** and holding us back?

Mindset Matters

We can have all the ‘agile tools’ in the world, but they’re **meaningless without mindset**.

Mindset vs Tools

New Mindset	Hope	Growth
Old Mindset	No Hope	No Growth
	Old tools, techniques & strategies	New tools, techniques & strategies

Want growth to happen? Sure, get new tools and new techniques. But also get a **new mindset**.

If your **mental software** is updated—how you think, see and react to the world—you’ll be in the best place to **perform optimally**.

Polarities

The **paradox of leadership** is that we find ourselves facing a lot of polarities. We have to strike a balance.



These polarities need to be skillfully
and consistently managed

Remember: polarities are not to be **solved**. They're to be **managed**.
How do you learn to manage them well? Start by **mapping out the highs that motivate you** and **knowing the lows** when you will need more effort.
You don't strike this balance overnight. It takes practice and patience!

The 4Cs model



Most people start with **capability**. We think we need **confidence** to succeed—and sure, it's nice. But what we really need is **commitment** and **courage**.

It's easy to argue with this model. I know I did when I first came across it. But what's interesting about it is that it gives us **permission to try things**, even when we don't feel confident and capable.

The question it invokes is 'Where in your life are you holding back because **you think you're not ready?**'

When you accept that commitment and courage are enough, it opens up **new possibilities**—that is, if you are brave enough to take them.

Shoutout to Dan Sullivan for the inspiration!

Thoughts & feelings

Our **feelings** influence our **thoughts**, our thoughts influence our feelings, and **both** influence our **behaviour**, and ultimately, our **performance**.

Remember: We can't control what happens, only **how we respond** to what happens.

To **respond instead of react**, we need space or time (or if we're really lucky, both). In that space and time we need to look at all the angles, get in the helicopter and make an **intentional choice** about how to respond. Luckily, it's easier than it sounds!

Beliefs are **rules we have made up** about ourselves, our capability and our futures. We will also have made up some 'rules' about other people and situations.

If they go unchallenged they can **hold us back** in many ways. The first step is being aware of them and then challenging the unhelpful ones.

What rules have you made up about yourself that are **unhelpful**? Remember, there is a **reframing technique** you can use in the toolkit for unhelpful beliefs.

Since our response influences the outcome, we have to **choose it wisely**.



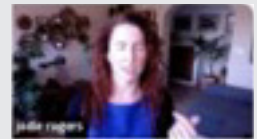
Limiting beliefs

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How to spot a limiting belief?



- | | | |
|---|--------|--|
| • They sound like 'off the cuff' statements |➤ | • "Oh, I've never been any playing office politics." |
| • It's usually a self-put down |➤ | • "I hate presenting to senior audiences, I'm just not good at it" |
| • They're easy for other people to accept |➤ | • "I'm not a natural at strategic-thinking" |
| • They often have a 'permanence' to them |➤ | • "I've never been..."
• "I will always be..."
• "I've always been that way..."
• "It's just the way I am..." |

Remember the difference between beliefs and perceptions!

A belief = something you **think** is true; a perception = something you **observe** to be true.

The **combination** of these two = the software that runs your internal and external world by **guiding your decisions**.

Don't believe everything you think!

We spent some time talking about the importance of **emotional literacy**. In the **Emotional Universe**, emotions come like waves—and their intensity usually only lasts 60-90 seconds.

If you can **ride the wave for 90 seconds** before reacting, you have a much better chance of 'responding' calmly instead of reacting emotionally.

Your Emotions
(and your ability to regulate them)
will predict your:



Health



Wellbeing



**Sense of
fulfillment**



Performance



**Effective
decision
making**

Summary: Self leadership

Self leadership is the practice of intentionally influencing your thinking, feelings and actions towards your objectives.

Notes from The EDGE

- The difference between being a good leader and an outstanding one: emotional intelligence. That means recognising that we control our thoughts and emotions, even if it doesn't feel that way. Emotional intelligence is like physical fitness—we can improve it through practising and developing it.
- Transformation can come from outside of us, but for it to have lasting impact, we have to internalise it and map out the path to it in our conscious awareness.
- It's okay to be human. It's okay to not be okay. The most important thing is to be in touch with our thoughts and feelings.

Resources

- Is the **story you're telling yourself** limiting you from living your best life? It's time to reclaim your narrative. (Jodie Rogers TEDx Talk)
- To connect meaningfully with others, you need a **map of the emotions and experiences** that make us human. (Brené Brown, Atlas of the Heart)
- Find your way to inner peace with the **Dalai Lama's website** on the universe of emotions.