

This short quiz will give you some insight into your strengths and limitations as a heart centred leader.

Our quiz is built upon on the four pillars of our Living Heart Centred Leadership model. **Grab a piece of paper and pen and let's begin!**

Go through the questions and

tick ✓ the answer that is most true and
circle ○ the answer that is least true for you

so you can let your strengths shine and know what you need to develop in your leadership journey with us.

1. When you have a conflict at work, what do you do?

- A** Take time to reflect on your actions and what happened
- B** Notice your triggers and if this is a pattern of yours
- C** Intuitively know what is needed to help the situation in the moment
- D** Think about the other person's needs before you think about your own

3. What inspires you most?

- A** Discovering and exploring who you are and why you are the way you are
- B** Taking time out during your life to do something that you love for yourself
- C** Talking about your passions
- D** Spending time with people you love

2. When you need to reflect, how do you do it?

- A** Journal about what is happening for you
- B** Spend time alone in meditation or in nature
- C** Research, read books or listen to videos / podcasts on subjects that relate
- D** Talk with a trusted friend about what is going on for you

4. How do you most often act when someone steps over your boundaries at work?

- A** Talk to someone about the situation to get more clarity
- B** Spend time reflecting on the situation and how it makes you feel
- C** Respond there and then, often with emotion
- D** Calmly explain to the person what they've done and how you want it to be different moving forward

5. As a leader, why would you look to get self-development?

- A** Because you have to truly know yourself before you can know others
- B** Because you want to be more present and mindful in your work
- C** Because it helps you to be the best you can at what you do
- D** Because it creates incredible bonds and trust with those around you

7. How do you deal with failure?

- A** You beat yourself up and overthink what's happened
- B** You reflect with compassion and understanding
- C** You draw some lessons learned and ways to do better next time
- D** You talk about it with someone you trust

6. What is the thing you never miss in preparation for an important meeting?

- A** Reflect on how you want to show up in the meeting e.g. assertive or enthusiastic
- B** Take a minute to meditate and breathe before the meeting starts
- C** Prepare passionately in order to inspire your audience
- D** Have a last few words with your team members to ensure you're aligned

8. How do you build trust with people?

- A** By sharing your vulnerabilities
- B** By showing empathy
- C** By acknowledging people and celebrating them
- D** By being really curious about people and deeply listening to them

Check your answers!



Count how many letters you have **ticked**. The **ticks** show your strengths as a leader.

If you ticked mostly...

A's

YOU ARE A SELF AWARE LEADER!

Well done! Leadership starts with self and you are a self-aware leader. You understand your strengths and limitations and are eager to learn more about your impact. Being so self-aware helps you to cultivate humility and openness to other people's own differences. These are beautiful qualities and so needed in leadership... keep going.

B's

YOU CULTIVATE DAILY RITUALS!

Good job! You are spending time and committing to yourself. Pouring from an empty cup is a mistake most leaders make, not you! You take time to fill yourself up so that you can serve others joyfully. You are a compassionate leader who can be present to others because you take time to be present to yourself.

C's

YOU EXPRESS PURPOSE AS A LEADER!

You are the cheerleader, you ooze passion and excitement about your leadership which inspires those around you. You have a strong desire to serve others and make a difference in the world and trust your intuition and act on it... and you are usually spot on with it. Your spontaneity serves you well. You are a joy to work with!

D's

YOU NUTURE CONSCIOUS RELATIONSHIPS AS A LEADER!

People love to be around you! By essence you are curious about people and you care about your relationships. It is unique in leadership to put the relationship as equal to the tasks you do. It's your superpower!! You also have the courage to have hard conversations. This is a rare quality and an important one. WELL DONE!

Check your answers!



Count how many letters you **circled**. The **circles** show your areas for growth as a leader.

If you circled mostly...

A's

SELF-AWARENESS.

Self-awareness is fundamental to becoming a heart centred leader. People trust leaders who are congruent and live their values. Self-aware leaders know what behaviours serve or don't serve them and are intentional about the impact they want to create. It takes courage and time to learn about yourself and getting support to embark on that journey is always a good first step.

B's

DAILY RITUALS

It's time to get off the rat race and sloooow down. Leaders with daily rituals develop a strong presence and ability to be more grounded in difficult circumstances. They also trust themselves to make hard decisions. This makes them a more reliable and consistent leader. Crafting time to centre and reconnect to yourself through meditation, journaling, walking in nature etc. is where it starts, and it can be just as little as 5 min per day.

C's

PURPOSE

Standing up for what really matters to you is so energising, for yourself and others! Leaders who know what they stand for and express it are inspiring and empowering. They move things forward, create enthusiasm and make people believe that "yes, we can!". Reflecting on what you are passionate about in your life, and noticing what brings you energy is what will get you started. And then, what about giving yourself full permission to share it with people around you? Unpicking your purpose alone can be tricky or daunting, so reach out and ask for support.

D's

CONSCIOUS RELATIONSHIPS

Achieving results is great, but not at all costs! Especially not at the cost of people's mental health and wellbeing. Heart centred leaders always look at how their actions impact their relationships alongside business success. Demonstrating empathy makes people feel heard and seen, which is the first step to creating trust with people. Give it a go, start listening and asking questions to those around you, and get training in how to build relationships.

If you'd like to work on your areas for growth as a leader, get in touch with us!

At Lea_p, we connect with people who want to either get personal development for themselves or for their company. Once we have an initial talk about what your wants and needs are, we spend some time designing the best way to support this.

Get in touch today by emailing info@lea-p.com.



Living
Heart Centred
Leadership



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