

# WHICH TYPE OF LEADER ARE YOU?



## MEaders

operate from a reactive place of limiting tendencies that focus on self-preservation.



## WEaders

operate from a creative place of healthy vulnerability that brings out the best in others.



Review the thoughts, feelings, and behaviors in each style. Check the statements that align with how you most often feel, think, or behave in the workplace.

**WHERE DO YOU HAVE THE MOST CHECKMARKS?**



## Want to improve your WEadership?

- Work with a qualified professional coach
- Focus on self-compassion techniques to alleviate your 'not enough-ness'
- Pay attention to your thoughts and ask yourself, "How is this thought aligned with who I want to be"?
- Journal your interactions to understand your patterns
- Take a 360 assessment to learn more about how others see you



## MEader Thoughts, Feelings and Behaviors

- If I don't voice my opinion, I can't demonstrate my value.
- I don't fully trust others to do the job right, so I often have to do it myself.
- I compare myself often and feel 'not good enough' when my peers are praised instead of me.
- I rarely ask for and resist letting in constructive feedback because it highlights my insecurities which feels uncomfortable.
- People should trust and respect me because I worked hard to earn this role.
- If I am getting the job done, how people feel about me is not my problem.

## WEader Thoughts, Feelings and Behaviors



- If I listen and ask questions, I know how best to support and serve to create value.
- I trust my team and empower them to get the job done.
- I feel energized and inspired when my peers are making a positive impact for the common good.
- I seek feedback about how I'm doing and showing up because I want to know how others perceive me.
- I know I must earn trust and respect daily based on my words and actions.
- I recognize how I am being is as important as the work I'm doing.