



Alex Barba

Leadership Coaching for
Tech Organizations

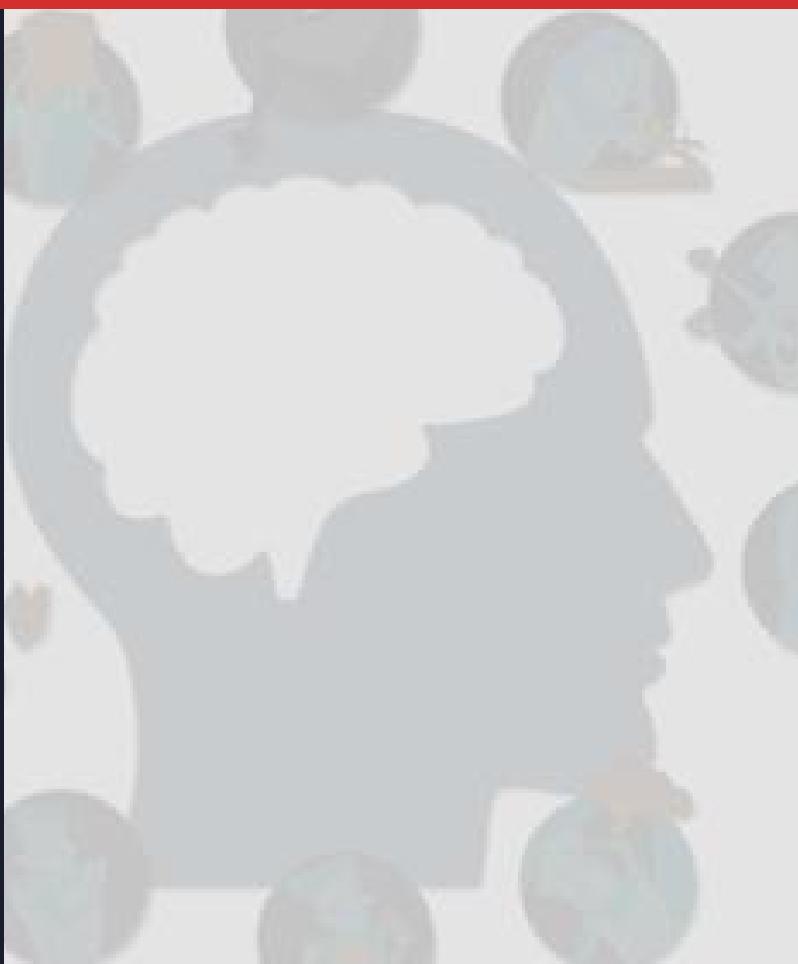
THE MASSIVE STRIKE OF THE SELF-SABOTEURS IN YOUR ORGANIZATION

Are you your most dangerous enemy?

Workbook

Alex Barba

www.alexbarbacoaching.com
alex@alexbarbacoaching.com





Section 1. The situation

Think of a recent situation that was challenging, scary, or uncomfortable for you, regardless of its outcome. It doesn't matter if it finally worked out for you or not.

Either you realized it or not, you probably were under the influence of your saboteurs.

Answer these questions:

1. How did you feel?

Which one of these feelings resonate with you?

Anger	Guilt
Annoyance	Impatience
Anxiety	Indecision
Apathy	Indignation
Avoidance	Insecurity
Arrogance	Irritation
Betrayal	Lack of hope
Bitterness	Narcissism
Concern	Regret
Cynicism	Remorse
Despair	Resentment
Disadvantage	Restlessness
Disappointment	Self-doubt
Doubt	Selfishness
Failure	Shame
Fear	Stress
Frustration	Superiority
Fury	Uncertainty



Section 2. The behavior

Keeping the previous situation in mind think about the way you behaved. Keep in mind your strategy, what you were trying to achieve.

Answer these questions:

1. How did you react in that situation? What did you do?

2. What was the strategy behind your behavior?

3. What were you trying to achieve?



Section 3. The impact

Think about the impact of your behavior and strategy on yourself and others.

1. What was the impact of your behavior on others?
3. What was the impact in the long term?

2. What was the impact in the short term?
4. How does it fit into the “big-picture”?



Section 4. Appreciating

Now, offer a different perspective on the situation.

1. What could you appreciate in this situation?

2. How could you convert this situation into three gifts?

3. What could be their impact on others in this way?

Which ones of these feelings resonate with you?

Act	Honesty
Advantage	Honor
Apology	Hopefulness
Bless	Humility
Calm	Joy
Certainty	Kindness
Clarity	Love
Comfort	Loyalty
Compassion	Motivation
Confidence	Openness
Contentment	Peace
Curiosity	Pleasure
Determination	Possibility
Empathy	Pride
Encouragement	Relax
Euphoria	Respect
Excitement	Satisfaction
Fidelity	Security
Fun	Success
Generosity	Support
Happiness	Trust
Help	Vulnerability

About me



I am Alex Barba and I help tech organizations tackle their management and teamwork challenges to develop employee leadership skills that enable them to collaborate effectively and take the business to the next level.

Are you in the tech industry and want you and your employees to go beyond technical skills and become empowering leaders?

Having been working closely with managers, engineers, and product leaders for more than 15 years, I have realized that people with different roles in tech companies speak different languages and that more often than not, they don't understand each other.

I do.

The reason I do is that I come from a world where solid principles, domain-driven design, test-driven development, reusability, and scalability were served on a daily.

Nowadays, as a Certified Leadership Coach, I support managers and employees at all levels to identify what needs to be done and, what is more important, what needs to be stopped.





**Would you like to discover
how to stop the massive
strike of the self-saboteurs
in your organization?**

**Are you curious about how to prevent the
destructive saboteurs to be in control of you
and your team?**

SCHEDULE A FREE CALL TOGETHER TO LEARN MORE.

<https://www.alexbarbacoaching.com/contact>

alex@alexbarbacoaching.com

