



## CONNECTION

### ROLES

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Whether you want to achieve ambitions for yourself, teams or business – we rarely accomplish anything in isolation.

How you position yourself in relation to others, how you connect to those around you shapes what is possible.

Understanding your own role, your value & responsibilities shapes what you can create, offer & helps identify what you may need.

How you engage with resources you have at your disposal are as much a part of your ability to succeed as the clarity & confidence you have in your ambitions.

How do you define your role currently?

What responsibilities are critical to your ability to achieve your ambitions?

Are there aspects of your role that are neglected or need reappraising?

In what way does your role need to change?

Who are the key other players / dependants / stakeholders that are impacted by your ambitions?

For each of these, how supportive & aligned to your ambitions are they? Is there any change needed here?

# RESOURCES

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Rarely do we accomplish anything without tapping in to resources. Be they tangible, physical, mental, emotional or social. How we engage, connect & utilise the resources we have available to us, will make a significant impact on what we can achieve.

Our relationship to resources & how we perceive the value exchange, can unlock huge potential when we identify & reach for them.

Now consider & identify the different types of resources you have at your disposal, we have given some suggestions to start you off: -

	Value this offers to you
TECHNOLOGY	
KNOWLEDGE BANKS	
TEAMS	
OPERATIONAL PROCESSES	
PRODUCT	
ROLE MODELS	
PEERS	
NETWORKS	
ADVOCATES	
BRAND	

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# ENGAGEMENT

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Now explore how you are currently engaging with these resources. What more is there to consider? If you are confident, values aligned & excited about your future, what role will these resources play in bringing it to life?

	Value exchange	Untapped potential / opportunity	1 brave ask/action you could take
TECHNOLOGY			
KNOWLEDGE BANKS			
ROLE MODELS			
PEERS			
NETWORKS			
ADVOCATES			
BRAND			

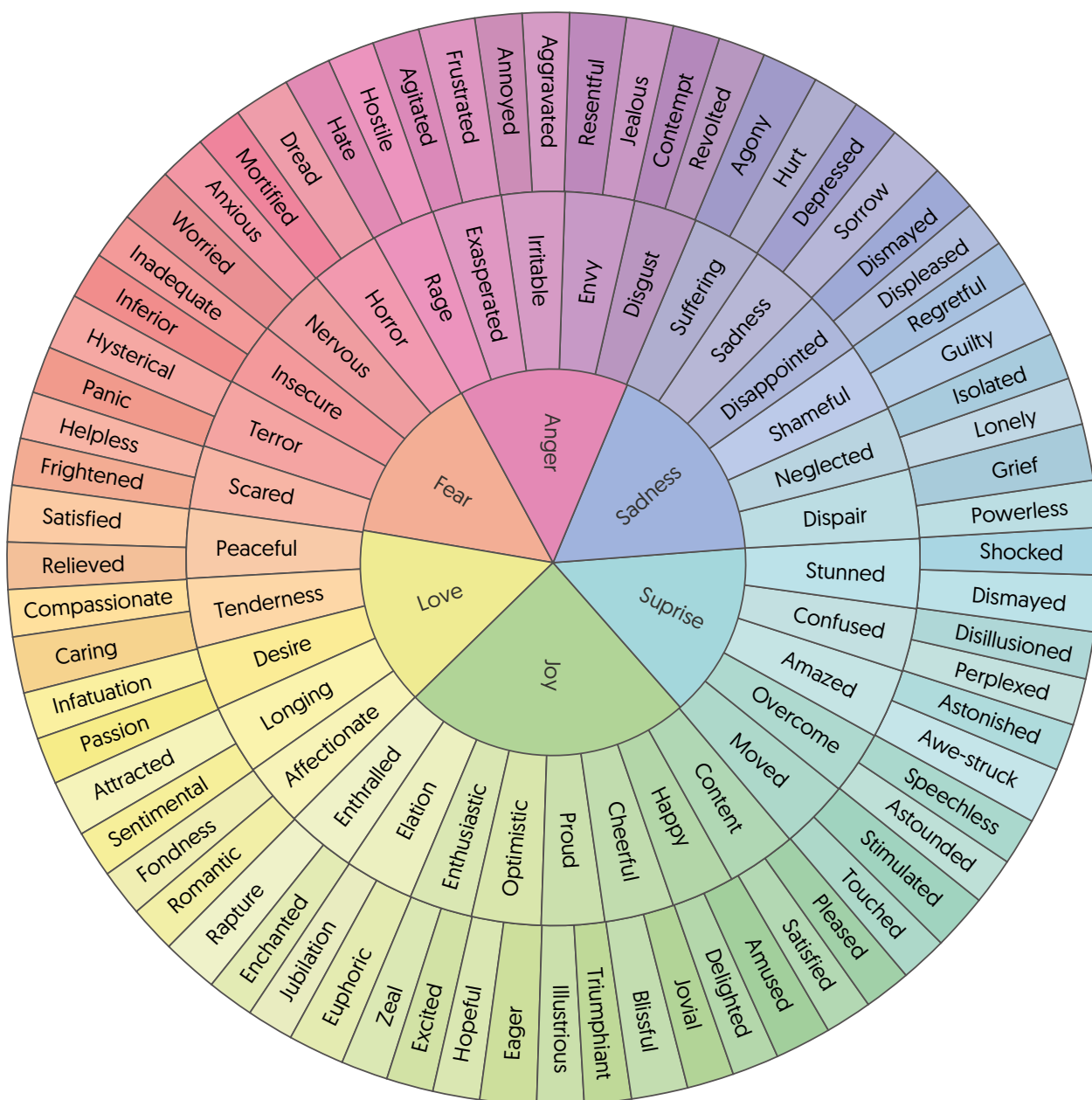
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# EMOTIONS

We do not control our emotions, but we do control our responses to them. Our emotions contain data and signposts which enable us to make better decisions & values aligned choices. Essential to enable us to choose courageous actions.

How we connect to our own emotions, and those of the people around us is a choice. Emotions are data not, directives. Signals not certainties.

Listen to them, learn what they point to, leverage the message.



# EMOTIONS

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Consider below an emotion that challenges you then in the ‘Today’ column answer the questions as you find them.

In the Be Braver column, consider the ways you might reframe these leaning on your values for & the emotions wheel for insight.

	TODAY	BE BRAVER
WHAT ARE THE TRIGGERS?		
HOW DO THESE IMPACT YOUR BEHAVIOUR?		
WHAT THOUGHTS/ MIND CHATTER IS HAPPENING/ ASSOCIATED?		
WHAT IS THE EMOTION SIGNPOSTING?		

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## Reflection & insights to treasure forever

