

# CoGrammar

Welcome to this  
session:  
**Tutorial:**  
**A Reflection on What May  
Be Holding You Back**

The session will start shortly...

Any Questions?  
Drop them in the questions section.



Photo by [Meghan Schiereck](#) on [Unsplash](#)

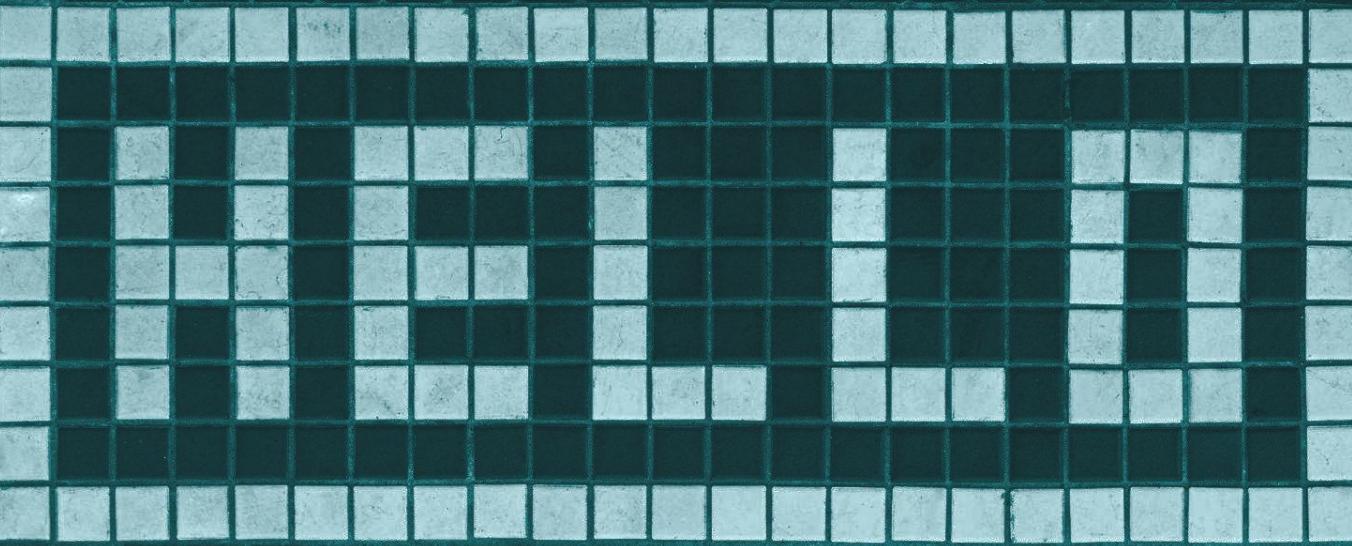


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# Safeguarding & Welfare

We are committed to all our students and staff feeling safe and happy; we want to make sure there is always someone you can turn to if you are worried about anything.

If you are feeling upset or unsafe, are worried about a friend, student or family member, or you feel like something isn't right, speak to our safeguarding team:



Ian Wyles  
Designated Safeguarding  
Lead



Simone Botes



Nurhaan Snyman



Rafiq Manan



Ronald Munodawafa



Tevin Pitts

**Scan to report a  
safeguarding concern**



or email the Designated  
Safeguarding Lead:  
Ian Wyles  
[safeguarding@hyperiondev.com](mailto:safeguarding@hyperiondev.com)

## Democracy

*Every person's opinions matter.*

## Respect

*We look after each other.*

## Tolerance

*We accept each other's differences.*

# British values

## Rule of Law

*We keep to the rules.*

## Liberty

*We are free to make choices.*

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# Housekeeping

# Leadership & Management Live Lectures – Housekeeping

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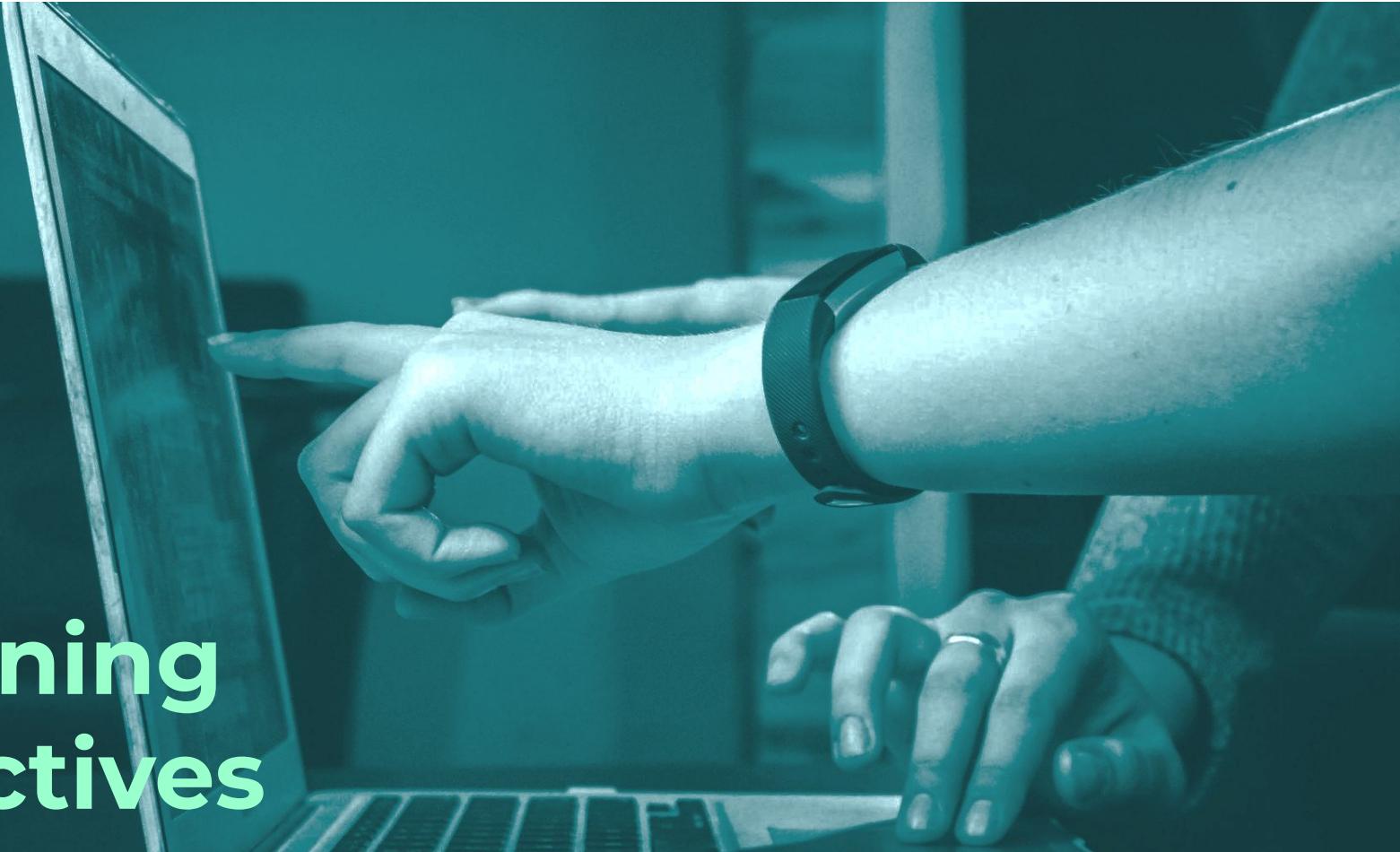
- The use of disrespectful language is prohibited in the questions, this is a supportive, learning environment for all - please engage accordingly.
  - **(Fundamental British Values: Mutual Respect and Tolerance)**
- No question is daft or silly - **ask them!**
- Should you have a question during the lecture, please feel free to **post in the Questions section** and I will respond throughout.

# Leadership & Management Live Lectures – Housekeeping

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- Activating **live captions** in your browser's accessibility settings is a helpful option for better understanding, especially for those with hearing impairments or challenges with accents.
- For all **non-academic questions**, please submit a query:  
**[www.hyperiondev.com/support](http://www.hyperiondev.com/support)**
- Report a safeguarding incident: **[www.hyperiondev.com/safeguardreporting](http://www.hyperiondev.com/safeguardreporting)**
- Should you have any further questions or want to provide us with feedback, please feel free to post them **here**.
- **GitHub Link to access L&M Presentation Slides.**

# Learning Objectives



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- Reflect on Personal Growth
- Identify Areas of Enjoyment and Struggle
- Explore Fears and Barriers
- Develop Actionable Strategies





# Icebreaker

Photo by [Martin Sanchez](#) on [Unsplash](#)

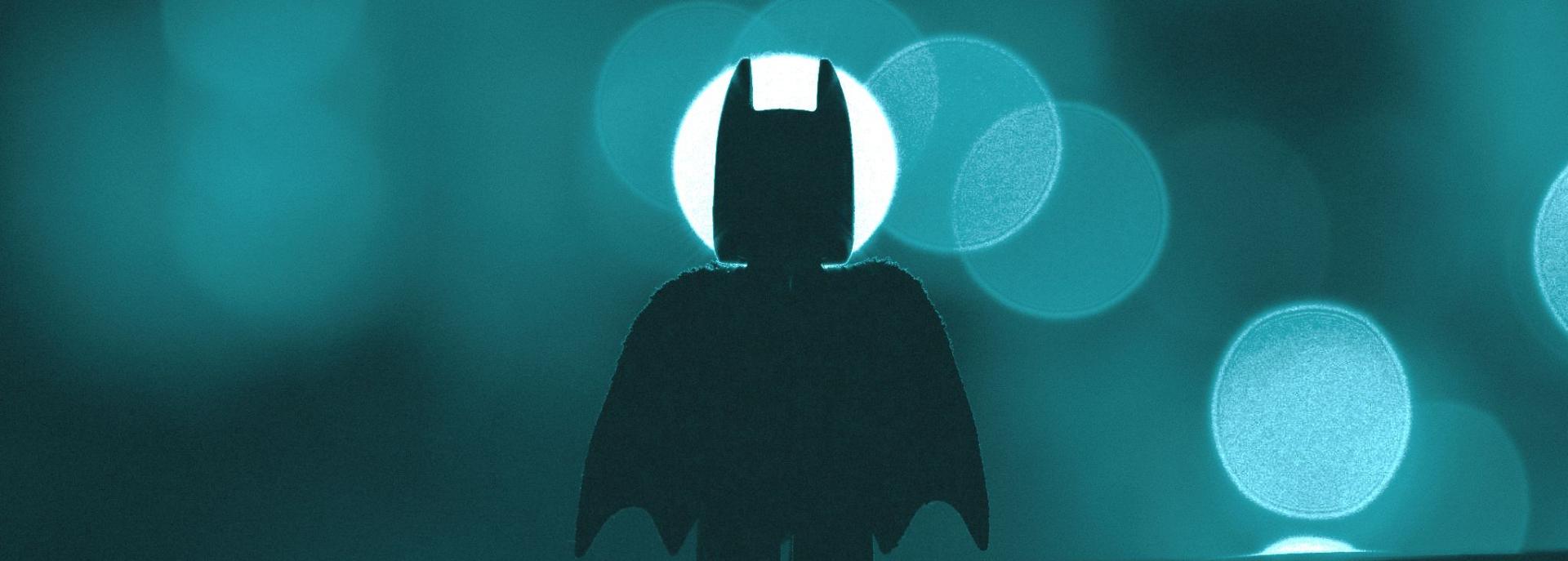
## Icebreaker

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What's one word that you would use to describe your leadership journey so far?



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# The Leadership Superpower: Self-Reflection

Photo by [Sajjad Ahmadi](#) on [Unsplash](#)

# The Leadership Superpower: Self-Reflection

- **Why Self-Awareness is a Game-Changer:**
  - Better Decision-Making
  - Adaptability in a Fast-Changing World
  - Building Trust and Influence
- **Simple Ways to Build a Self-Reflection Habit:**
  - Ask Hard Questions
  - Journaling
  - Seek Feedback
  - Schedule Reflection Time



## Real-Life Leadership Example

The Power of Self-Reflection in Leadership:

- **Steve Jobs:** A leader who transformed Apple through self-reflection and adaptability.
- **Satya Nadella:** Emphasised growth mindset and self-awareness at Microsoft.
- **Self-Reflection & Growth:** Leadership is a continuous journey, and self-awareness plays a crucial role in evolving as a leader.

# Identifying Areas of Enjoyment and Struggle

Common Leadership Struggles:

- Imposter Syndrome
- Decision Fatigue
- Balancing Authority with Empathy



## Question

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Which part of this program did you enjoy the most, and why?

Which section was the most challenging, and how did you overcome it?



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# Let's take a break

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# Exploring Fears and Barriers

## How Fear Influences Leadership:

- Fear and Decision-Making
- Fear and Risk-Taking
- Fear and Leadership Presence

## Overcoming Fear in Leadership

- Self-Awareness
- Reframing Fear
- Building Resilience



## Self Reflection

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What is one fear that holds you back in your leadership role?



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# Common Fears Leaders Face

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- Fear of Failure
- Fear of Speaking Up
- Fear of Making Tough Decisions
- Fear of Not Being "Enough"



# Developing Actionable Strategies

## Techniques Successful Leaders Use to Overcome Barriers:

- Mentorship
- Skill-Building
- Self-Reflection
- Calculated Risks

## Practical Strategies:

- Reframing Negative Thoughts
- Seeking Feedback
- Finding a "Courage Buddy" for Accountability



## Self Reflection

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What is **one small step** you can take this week to push past a fear you've been facing?

It could be as simple as speaking up more in meetings, taking on a new challenge, or seeking out a mentor for guidance.



Photo by [Brett Jordan](#) on [Unsplash](#)

# Tolerance in Leadership

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- **Embrace Diversity**
- **Learn from Varied Perspectives**



## Practical Application of Tolerance

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So, how can you apply tolerance in your leadership moving forward?

- Start by actively seeking diverse viewpoints in team discussions.
- Be curious about how others approach problems or handle challenges.
- Reflect on how you might unintentionally limit diversity or dismiss alternative ideas.

# Conclusion

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What **word** describes your leadership journey **now** after today's session?

# Questions and Answers

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# Thank you for attending

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Department  
for Education