

Strong Back, Soft Front

Ellen S. Perconti

ellen.perconti@gsd404.org

Reflection 1

	You	Partner
Think of a time when you felt good about your leadership—you felt effective, people were following. Be as specific as possible.		
Context		
Feedback		
Moves/Actions		

Reflection 2

	You	Partner
Describe a time when you were vulnerable and confident, compassionate and courageous, empathetic and persistent.		
Context		
Feedback		
Moves/Actions		

Sources of Strength

	Notes	Connections
Connection		
Energy		
Labels		
Curiosity		

Tools

	Notes	Connections
Prepare		
Clarify		
Looping for Understanding		
Complexify		
Pause		

Reflection 3

	You	Partner
Consider preparing for a conversation that you anticipate will not go well, how might you prepare, clarify, loop, complexify, and/or pause in an effort to maintain a soft front and strong back?		

Healthy Leaders

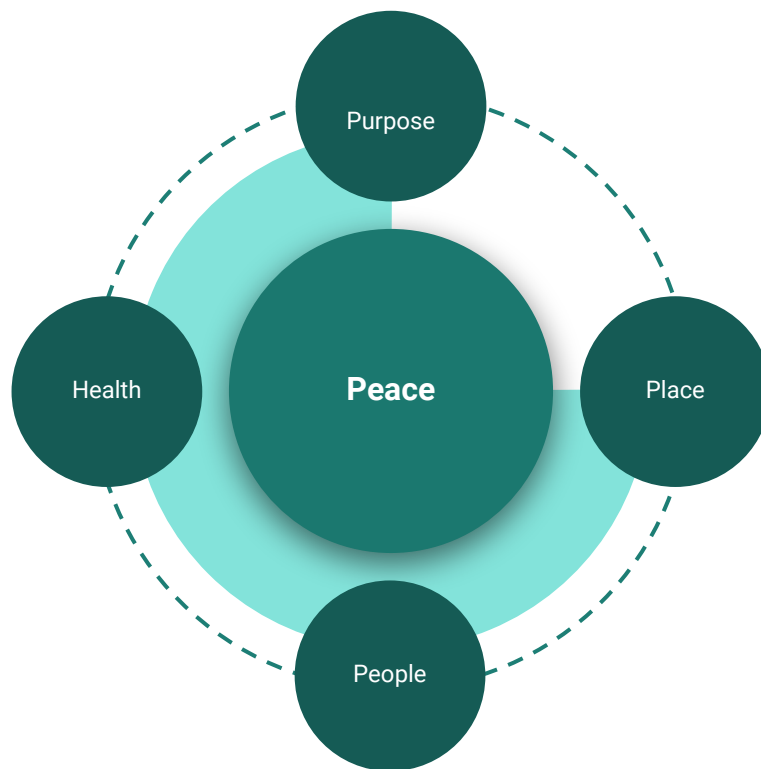
Know yourself to lead yourself.
How fulfilled are you in your

Purpose?

Relationships? (People)

Place? (Context)

Health?



Resources

[Supercommunicators](#): How to Unlock the Secret Language of Connection by Charles Duhigg

[Dare to Lead](#) and [Atlas of the Heart](#) by Brene Brown

[High Conflict](#) by Amanda Ripley

[Together](#): The healing power of human connection in a sometimes lonely world by Vivek Murthy

[Changing Perceptions](#) by Graham Chatterley

[Energy Bus](#) by Jon Gordon

[When you Wonder You're Learning](#) by G Behr and R Rydzewski

[Measuring Human Return](#) by Joanne McEachen

[100X Leader](#) by Kubicek and Cockram

[Speak-Up Culture](#) by Stephen Shedletzky