



Daring leadership, especially during times of great uncertainty, requires **skill-building around traits that are deeply and uniquely human.**

It's our responsibility to **invest time attending to our own fears and feelings** or we'll find ourselves managing our own unproductive behaviors. The difference between leading from hurt and leading from heart is not what you've experienced or are currently experiencing, **it's about what you do with that pain and hurt.**

– Brene Brown

WHEN YOU GET EMOTIONALLY HOOKED, **ASK YOURSELF...**

- How am I hooked?
- What's triggering me?
- What permission do I need to give myself?

PRACTICE TACTICAL BREATHING

- ☞ in for four
- ☞ hold for four
- ☞ out for four
- ☞ hold for four



PRACTICE EMPATHY AND SELF COMPASSION

Empathy. We must be willing to find and connect with the places inside of us, that have felt how the person before us is feeling. May sound like, "I see you hurting."

Self-Compassion. What would you do next, if you loved yourself more?



?ASK more than tell

Find real comfort

Notice the line between **comfort and numbing**—reading or watching the daily news gives you comfort. Devoting ten hours a day to news consumption is numbing.



OWN YOUR IMPACT

Acknowledge, name, and normalize fear and anxiety.



STAY CURIOUS

- Tell me more...
- What's that like for you?
- I really want to understand how you see it...
- I'm interested in what you're saying, go on...

