

WEEK 3 WORKSHEET

Leadership Style Optimization

SECTION 1 — CURRENT LEADERSHIP STYLE

Instructions: Describe your current leadership style.

My Current Leadership Style:

SECTION 2 — STRENGTHS & BLIND SPOTS

Instructions: Identify your top strengths and blind spots as a leader.

My Top 5 Strengths:

1. _____
2. _____
3. _____
4. _____
5. _____

My Top 3 Blind Spots:

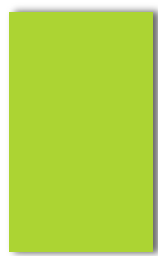
1. _____
2. _____
3. _____

SECTION 3 — PRESENCE UNDER PRESSURE

Instructions: Describe how you show up under stress and how you want to improve.

Current Stress Behaviors:

Desired Presence Improvements:



SECTION 4 — LEADERSHIP OPTIMIZATION PLAN

Instructions: Complete each field below.

One Communication Improvement:

One Behavior to Reduce:

One Value to Reinforce:

One Presence Adjustment:

One Adjustment for a Specific Team Member:

One Goal for Next Week:

Slide Highlights:

- Leadership style = how your team experiences communication, decisions, corrections, motivation, and presence.
- Your baseline is shaped by personality, experiences, values, training, role models.
- Strength examples: calm demeanor, clarity, fairness, listening, initiative.
- Blind spot examples: lack of clarity, avoiding hard conversations, reacting emotionally, tone shifts under stress.
- Leadership alignment happens when values + personality + team needs match.
- Presence under pressure matters more than words — teams take emotional cues from their leader.

How to Use This for the Worksheet:

- Use slide examples to describe strengths and blind spots.
- For stress behavior, reference the “presence under pressure” questions: *Do I escalate? Do I calm? How do I want the team to feel?*
- Build your optimization plan using the template provided in the slides (one communication improvement, one behavior to reduce, one value to project, one presence change, etc.).