

LEADING WITH OPTIMISM AND REALISM

A Leaders for Leaders Masterclass

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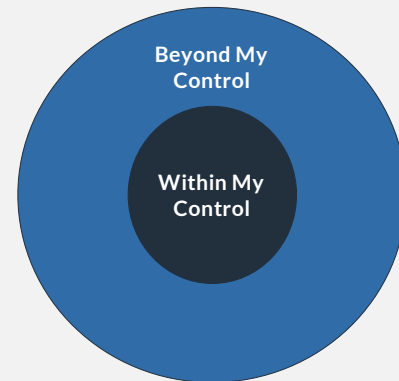
BREAKOUT #1

- Recently, **which quadrant** have you been spending the most time in? Use an example to explain.
- What is something you can **start, stop** or **continue** doing to spend more time in quadrant 4?



BREAKOUT #2

1. Given the current challenges you are facing, what are **3 things that are beyond your control**?
2. What are **3 things that are within your control**?
3. In the past few weeks, which circle have you been **focusing on the most**? Explain.



CIRCLES OF CONTROL

Stephen Covey, *The 7 Habits of Highly Effective People*



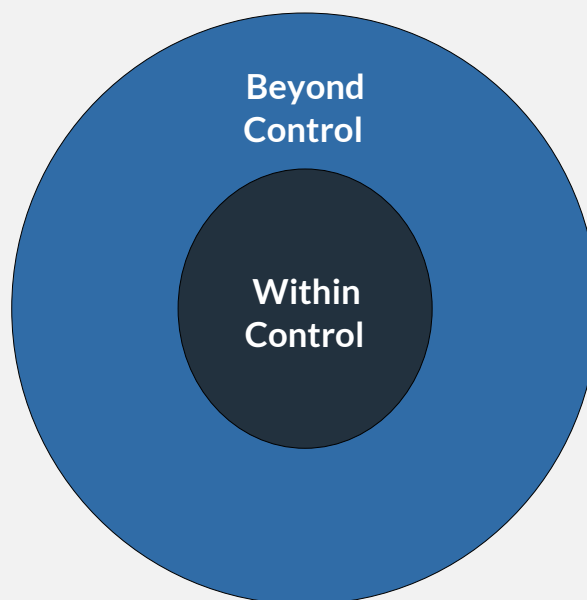
Beyond Control

Things that concern you that you CAN NOT do something about.



Within Control

Things that concern you that you CAN do something about.



FOCUS ON WHAT YOU CAN CONTROL:

1. **Turn It Off** – limit the time you spend following the news and social media. Program time limits into your phone and turn off notifications on your devices.
2. **Shut It Down** – when conversations with friends and family are drifting into doom and gloom territory, change the subject or end the conversation.
3. **Focus on You** – stop being frustrated about what other people, companies and countries are or aren't doing. If you don't have the power to influence their behaviour, let it go and focus on what you can do.

NEXT STEPS

01 KEEP LEARNING
SLIDES & RESOURCES

02 STAY CONNECTED
NEWSLETTER & SOCIAL MEDIA

03 HELP US GET BETTER
SHARE YOUR FEEDBACK



Personal Action Plan

Commit to one small step today.

Main point to remember from today's masterclass:

What can I **start**, **stop**, or **continue** doing in the next week to put my learning into action?

☒ Start

☐ Stop

☐ Continue

Who can support me and help me stay accountable to this learning commitment?



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