

The 5 Essential Steps to **Unlock Your Leadership Potential**



TC&A

Our TC&A Leadership Coaching supports this mindset: “Lead Yourself, FIRST.”

The way you lead yourself is ever evolving in life and work, which is “why” it is important to think about how you are leading yourself first, before you put your attention on the leadership you are following (the external leadership).

Who you are matters and as you build your understanding of “how” you choose to lead yourself, you will maximize your leadership with purpose and for impact.

Level-up your leadership by following the 5 Essential Steps:

1. Be a Leader who leads yourself with the foundation of your character.
Character is being a person who is honest and trustworthy.

What is one of your core character strengths?

2. Be a Leader who leads yourself with your competence.
Competence is supported by your knowledge, experiences and your skillsets and expertise.

What is one of your core competency strengths?

3. Be a Leader who leads yourself by being consistent.
Consistent is creating predictable results and systems to measure results.

What is one of your core consistency strengths?



4. Be a Leader who leads yourself with your creativity.
Creativity is creating new ideas, finding solutions and staying curious about things and people.

What is one of your core creativity strengths?

5. Be a Leader who leads yourself with confidence.
Confidence is being able to follow, listen to others, collaborate, support others and lead with conviction.

What is one of your core confidence strengths?





Lead with Purpose and for Impact



Choose a strength where you lead yourself well – write your strength below:

Write down 3 key behaviors that support your strength above:

1.

2.

3.

Write down a great outcome or success that you have experienced by utilizing your strength and your 3 key behaviors:

*We encourage you to keep utilizing your strength
and the behaviors that are working well for you.*

Now, to Level-up your leadership with purpose and for impact:

Choose an area from one of the leadership strengths where you would like to level up your leadership – write the area you would like to level-up below:

Write down 3 key behaviors that will support you to level-up your leadership:

1.

2.

3.

Write down the outcome or success that you would like experience by utilizing your level-up behaviors:

Practice your 3 key behaviors for 30 days. After 30 days, reflect on the following two questions:

What is working well for me in practicing my 3 key behaviors to level-up my leadership?

What could be working better for me within my practice of my 3 key behaviors to level-up my leadership?

Well Done!

If, you would like a 30-minute complimentary Leadership Coaching call with Tess Cox or Chelsea Cox Gillman, please schedule below:

[Schedule time with Tess here](#)

[Schedule time with Chelsea here](#)

We look forward to connecting with you!

With Gratitude,

Tess & Chelsea

Please reach out if you would like to share your learning or collaborate with us! Our work together is a partnership journey and we would be delighted to speak with you further. For more information about our TC&A services, contact information is below:

- Leadership & Development Training
- 1:1 Executive Coaching
- Team Building Seminars
- Offsite Retreats
- Assessments
- Webinars
- Keynote Speaking
- Cultural Development Material
- Consulting



For additional information or to connect further:

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