Thursday, March 12th, Lunch and Learn – Women in Leadership in Higher Ed

Activity 1
1) Introduce yourself and say something good about yourself either in your job or life.
   a. What did you say?

2) Introduce yourself and say something negative about yourself either in your job or life.
   a. What did you say?

Which was easier? Why?

How can you track the negative pattern and practice shifting negative thoughts to positive thoughts?
1) Trigger or Situation

2) Negative Thought

3) Feeling

4) Assumption

5) Possible Negative Action

6) Constructive message you can tell yourself instead

7) What can I do next time?

Activity 2 – What type of Leader are you?
https://www.academicimpressions.com/product/5-paths-leadership-assessment/ $25.00
1) The critical Thinker – Logical, objective, methodical, concrete, trouble seeing the big picture, rigid, overly critical, bogged in detail
   a. On a scale of 0 to 5, 0 being not at all and 5 being very strong, how do you see these qualities as part of your leadership style?

2) The Relator – Empathetic, trusting, team player, good listener and communicator, overly sensitive, conflict averse, unassertive, can’t say no
   a. On a scale of 0 to 5, 0 being not at all and 5 being very strong, how do you see these qualities as part of your leadership style?

3) The Visionary – creative, sees the big picture, passionate, inspiring, unfocused, impulsive, inattentive to detail, impractical
   a. On a scale of 0 to 5, 0 being not at all and 5 being very strong, how do you see these qualities as part of your leadership style?

4) The Warrior – task and result oriented, ambitious, willing to take risk, walks the talk, controlling, insensitive, overly competitive
   a. On a scale of 0 to 5, 0 being not at all and 5 being very strong, how do you see these qualities as part of your leadership style?

5) The Sage – self-aware, candid, optimist, personal balance, doubt, complacency, spacy, dull
   a. On a scale of 0 to 5, 0 being not at all and 5 being very strong, how do you see these qualities as part of your leadership style?

**“Any strength if used in excess, can be a weakness. Find your balance as a leader!”**
**“Be the leader you would love to follow!”**
**“It’s up to you to be the change.”**