

Authenticity & Communication Reflection

ON BLAST: AUTHENTIC LEADERSHIP AUDIT

What would authentic leadership look like for you in these areas?

<i>Team Communication</i>	How do I show up when I'm leading from my values?	
<i>Boundary Setting</i>	Where am I clear about what is and isn't mine to carry?	
<i>Decision Making</i>	Am I being driven by clarity or by fear of being seen as "too much" or "not enough"?	
<i>Conflict</i>	Do I avoid hard conversations or lean in with honesty and care?	
<i>Role Modeling</i>	Am I modeling a sustainable way of working and leading?	

CLEAR IS KIND – COMMUNICATION CHECK

Describe a time when you avoided clarity as a leader (delayed feedback, softened truth, took on too much silently).

✨ Take a few minutes to reflect and write your thoughts below. Remember, ****clarity honors both yourself and others.****

What was the outcome of that situation?	
What might have gone differently if you'd been clear sooner?	
Where in your leadership could you practice clearer, kinder communication this week?	

ASSUME POSITIVE INTENT – LEADERSHIP REFREAME

Describe a moment where you assumed the worst about someone on your team.

✨ Take a few minutes to reflect and write your thoughts below. A shift in perspective can change everything.

What did you assume?	
How did it affect your behavior or tone?	
How would the situation shift if you chose to believe they were doing their best?	
How can you practice curiosity before judgment this week?	

THE RULE OF REASONABLE – LEADER'S INNER WORK

Often we advocate for our staff but struggle to advocate for ourselves.

✨ Take a moment to write your thoughts. Remember, if it's reasonable for someone else, it's reasonable for you too.

What is one support, resource, or boundary you've hesitated to ask for?	
Would you consider it reasonable if a staff member asked for the same thing?	
What's one leadership request or boundary you need to voice this week?	

"The way you show up for yourself sets the tone for how you show up in the world. Choose authenticity, choose clarity, choose you."