



The Leadership Reset

How You Show Up Shapes the World
Around You

Part of the Reset Journey Series



The Natural Evolution of Leadership

By the time we reach Leadership in the Reset Journey, much has already shifted.

Awareness

Built understanding of ourselves

Direction

Chosen our path forward

Purpose

Clarified our deeper meaning

Courage

Faced fears with strength

State of Mind

Steadied our inner world

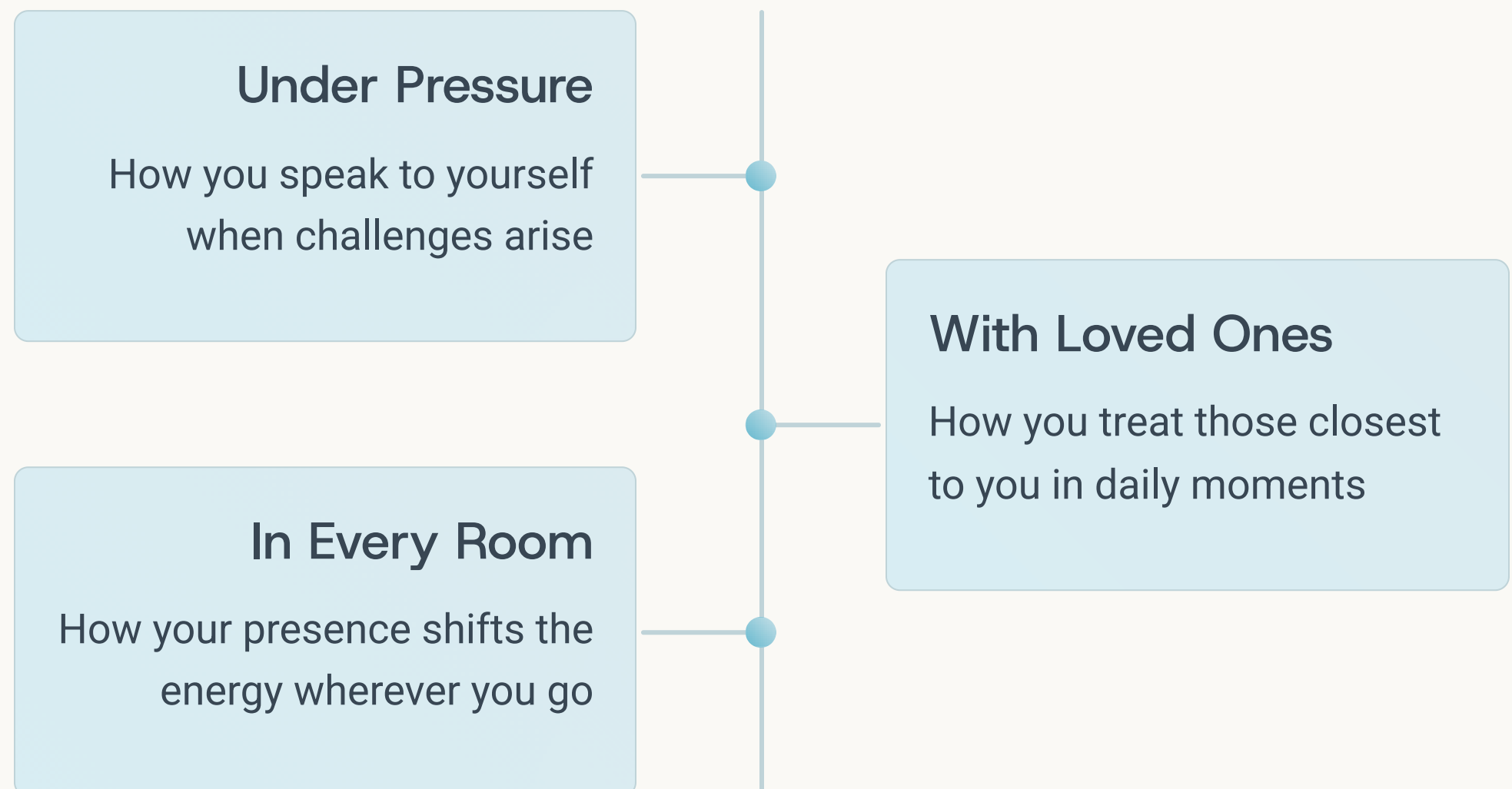
Action

Taken consistent steps

Leadership is the natural next step. It is not about the role or title you hold. It is about the ripple your presence creates in every space you touch - in work, at home, and in society.

Leadership as Presence, Not Position

Most people think of leadership as a title. But true leadership begins in presence.



Leadership is not confined to the boardroom. It lives in the kitchen table conversations, the late-night support to a friend, and the example you set for your family.



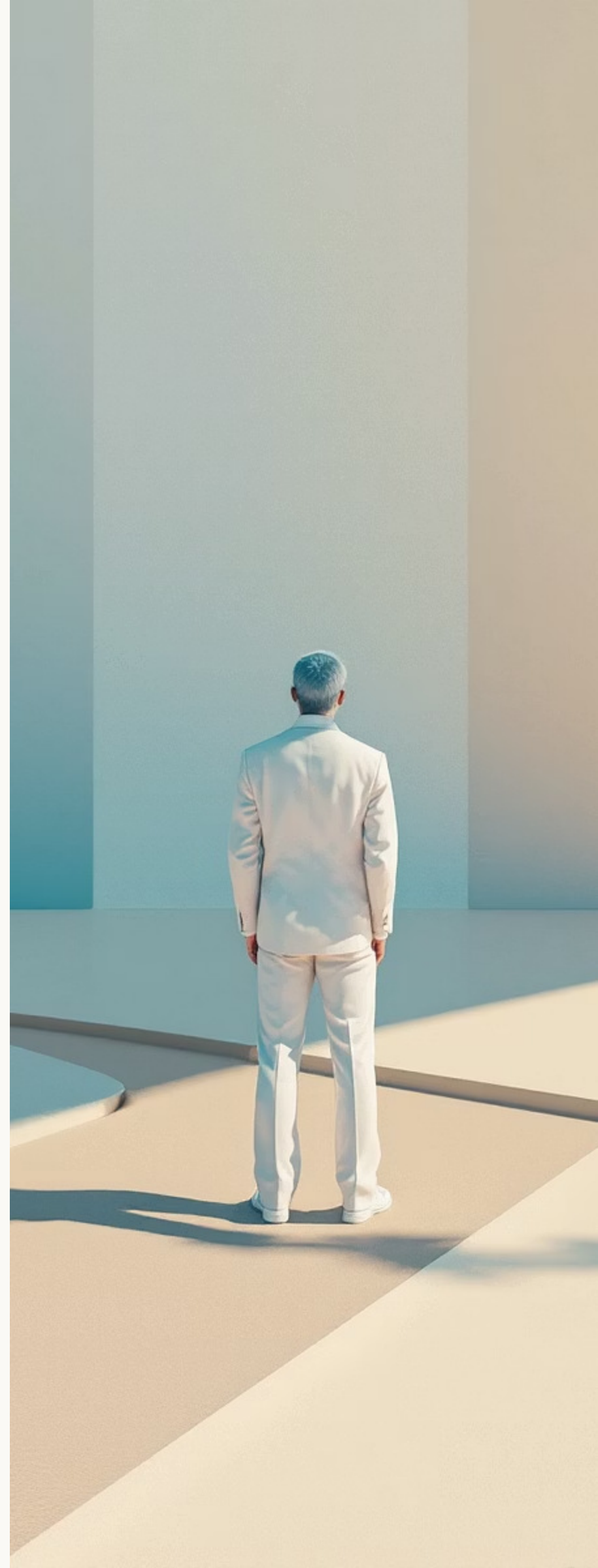
Reflection: How are you leading yourself this week
– in thought, in discipline, in care?

From Position to Posture

When we stop seeing leadership as a position and start living it as a posture, everything changes.

We no longer ask, "Who follows me?" We begin to ask, "Who am I becoming through the way I show up?"

That question anchors leadership in identity, not just in activity.



The Chemistry of Leadership

Leadership is contagious. People feel you before they hear you.

Science shows us how:

Empathy

Builds oxytocin, deepening trust between people

Celebrating Progress

Sparks dopamine, fuelling momentum and motivation

Calm Steadiness

Boosts serotonin, creating safety and wellbeing

Fear & Reactivity

Triggers cortisol, spreading stress and tension

Your state doesn't stay with you. It transfers, invisibly but powerfully, to those around you.



Reflection: What emotional climate are people experiencing from you right now?

Macro Practices That Anchor Leadership

Leadership is strengthened by the practices you choose, not the title you carry.

Macro anchors keep you aligned over the long term:



Clarify Your Leadership Compass

The values you refuse to compromise, no matter the pressure or circumstance



Do Relational Audits

Reflect honestly on how you show up with family, colleagues, and friends



Check In With Your Legacy

If people described your leadership, what would you want them to say?



Micro Practices for Daily Leadership

Micro practices bring leadership alive in the everyday moments:

- ◆ **Pause Before Response**

Choose clarity over reactivity in every interaction

- ◆ **Daily Act of Uplift**

A kind word, an acknowledgment, a listening ear

- ◆ **Evening Reflection**

"How did I lead myself today? How did I lead others?"

Macro anchors shape your direction.

Micro practices shape your presence.

Together, they form the rhythm of authentic leadership.



Reflection: Which one practice will you commit to this week to reset how you lead?



**Building Trust,
One Interaction at a Time**

**Leadership is not
about being followed.**

**It is about being
trusted.**

And trust is built one interaction at a time - with your team, your family, your community, and with yourself.



Take a moment to write:

**If others described the impact of my leadership, what
would I want them to say?**



Continue Your Reset Journey



Leadership Reset

You are here



Self-Nourishment Reset

Coming next

👉 Next in the Reset Journey: **Self-Nourishment Reset** –

Because leadership cannot be sustained without the renewal that keeps your presence strong.