

SPARK A BREAKTHROUGH

**GET UNSTUCK
IN LEADERSHIP**



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WELCOME

Welcome to your leadership journey and your 1st step in getting unstuck.

Leadership can be scary, demanding and exhausting. Rarely, do we invest in ourselves. Let me be the 1st

to say, congratulations on slowing down enough to focus on you.

This tool is intended to help invite new ways of seeing your life and leadership. It's not a science, just practical.

Watch the YouTube video for a deeper detailed explanation of using this tool.

www.youtube.com/@LearningAssociates/videos

Let's get started!



Brandi

STUCKNESS



Leaders can get stuck in their leadership for a variety of reasons, often stemming from challenges, personal behaviors, and external factors.

Overcoming these challenges requires self-awareness, a willingness to learn and adapt, effective communication, and a commitment to personal and professional growth. Leadership is an ongoing journey that requires continuous effort and development.

Use the table below, to take a dipstick check on where you might be stuck in your leadership.

Yes, I'm guilty of this	I'm not sure	No, I do not do this

- 1. Lack of Adaptability
- 2. Comfort Zones
- 3. Micromanagement
- 4. Failure to Delegate
- 5. Lack of Self-Awareness
- 6. Lack of Clear Vision
- 7. Communication Issues

- 8. Resistance to Feedback
- 9. Burnout
- 10. Inability to Empower
- 11. Unresolved Conflicts
- 12. Lack of Development
- 13. Lack of Trust
- 14. External Pressures

THE VALUE IN PURPOSE



Knowing your purpose can provide a sense of direction, fulfillment, and motivation in life.

As a leader, a part of your job role is to help others find their purpose in the work. If the leader is unclear about their own purpose, then it would be impossible for the leader to lead, make impact or shift towards significant results.

Some key reasons why understanding your purpose can be valuable as a leader include:

1

Clarity and Focus

Having a clear sense of purpose helps you prioritize your goals and activities. It allows you to filter out distractions and focus your energy on tasks that align with your purpose, leading to greater efficiency and effectiveness.

2

Motivation

When you know your purpose, you're more likely to be motivated and driven to achieve your goals. Your purpose acts as a source of intrinsic motivation, pushing you to overcome challenges and obstacles.

3

Meaning and Fulfillment

Knowing your purpose gives your life a deeper sense of meaning. It allows you to feel fulfilled by contributing to something greater than yourself, whether that's through your work, relationships, or other endeavors.

4

Resilience

When you face setbacks or difficulties, a strong sense of purpose can help you persevere. It provides a sense of resilience, enabling you to bounce back from adversity with a renewed determination to continue pursuing your goals.

5

Decision Making

Your purpose serves as a guiding principle for making decisions. When you're uncertain about a choice, you can refer back to your purpose to determine which option aligns better with your values and long-term goals.

6

Direction for Life

Knowing your purpose can help you chart a clear path for your life. It assists you in setting meaningful long-term objectives and creating a roadmap to achieve them.

7

Happiness and Well-Being

People who understand their purpose tend to report higher levels of happiness and overall well-being. Engaging in activities that resonate with your purpose often leads to a sense of contentment and satisfaction.

8

Positive Impact

Your purpose might involve contributing positively to your community, society, or the world at large. Having a clear sense of purpose empowers you to make a difference and leave a lasting impact.

9

Self-Discovery

Discovering your purpose often involves introspection and self-discovery. This process can lead to a better understanding of yourself, your strengths, and your passions.

10

Relationships

When you're aligned with your purpose, you're more likely to attract people who share similar values and goals. This can lead to more meaningful and fulfilling relationships.

WHEEL OF *purpose*

Think about the 8 Wheel Categories and decide how satisfied you are with your life or leadership in each of these areas. Shade in the part of the circle that represents your satisfaction. 1 is the least. 10 is the highest.



LEADERSHIP ACTIVITY



(Adapted from The O Quiz 2022 Volume 2: Number 3)



LEADERSHIP ACTIVITY

Fill in the blanks as honestly as you can. To start, think of the most “stuck” person/leader you know. Ready? Let’s begin.

1. This person is getting in their own way by being so

2. This person could really break through if they would only

3. This person is actually just afraid of

4. If this person knew what was good for them, they would

5. Meanwhile, I also know someone brave enough to do anything s/he wants. The quality that makes this person so amazing is

6. I’m grateful that this person didn’t give in, but instead behaved in a way that was

7. If I had this person as a mentor, I’d have the guts to

8. If this person were mentoring me, what I’d love to hear them say is



LEADERSHIP ACTIVITY

Now, fill in part 2 by copying each answer from part 1 into the corresponding blanks. DO NOT THINK as you copy. DO NOT TWEAK your responses or words.

1. I can think of times when I was (copy your answer to question 1 from part 1)

2. Thl really need to just (copy your answer to question 2 from part 1)

3. I'm really just afraid of (copy your answer to question 3 from part 1)

4. If I knew what was good for me, I would (copy your answer to question 4 from part 1)

5. On the other hand, what makes me so amazing is that I'm (copy your answer to question 5 from part 1)

6. I can recall times when I've had the courage to behave in a way that was (copy your answer to question 6 from part 1)

7. Deep down, I have everything it takes to (copy your answer to question 7 from part 1)

8. My true self is always guiding and comforting me. Right now it's saying (copy your answer to question 8 from part 1)



Open your mind to ways in which these insights might be true. Take your own advice. See if your viewpoint doesn't start to expand into something greater than you ever imagined.

It's all about what you do AFTER a lightbulb moment. The key to sustaining a new insight is eliminating whatever threatens to recloud your vision.





LEADERSHIP ACTIVITY

Complete "The Insightor" exercise to identify your subconscious blocks and potential self-sabotage by making a plan of action towards your purpose.

**THE
INSIGHTOR[®]**

**Investing in
Mindset to
Increase your
Leadership Impact**

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Our Services



SPEAKER | KEYNOTE PRESENTER

- Need an ignition of motivation, urgency and agency?
- Seeking to produce scalable/sustainable results in your systems leadership?
- Interested in building the capacity of your leaders to face new changes, new challenges and still make a student impact?

Our educational leadership development experts are here to serve as keynote speakers, presenters, facilitators, consultants and coaches.

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ORGANIZATIONAL LEADERSHIP DEVELOPMENT

- Seeking to support executive to entry level leadership (or teams) to drive systems changes.
- Establish urgency, agency and action in strategic planning and continuous improvement.
- Empower leaders to make clear decisions and action plans that produce measurable results in students and adults.

Learning Associates leadership experts not only know how...WE HAVE DONE THE WORK! Our team of leadership development experts will serve you by building up the leadership capacity to scale and sustain measurable growth in your organization.

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