HOSPO HEALTH

HospitalityTasmania

Leading with my strengths

Every leader has moments when they feel energised, confident and capable. Reflecting on these moments helps you recognise the conditions that allow you to perform at your best, and how you can create those conditions more often for yourself and your team.

HOW TO USE THIS WORKSHEET

Think about a time when you felt proud of your leadership, and reflect on that as you answer the first three questions.

Then use this example to think more broadly about your own strengths. How do they impact your approach to leadership? How can you lean into them to get the best outcome for yourself, your team and your business?

1 What was happening?

2 What strengths was I naturally using?

3 **How did I make others feel?**

4 **I do my best work when ...**

5 **When I'm under pressure I ...**

6 **What I need to deliver at my best is ...**