

Authentic Leadership: From Vulnerability to Strength

Key Takeaways

1

Authentic leadership is the willingness of leaders to show their *authentic selves*, admit their limitations, and openly express their thoughts and emotions.

E.g.



Acknowledging mistakes and taking responsibility



Getting to know employees more personally

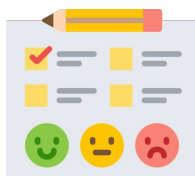


Being unafraid to ask others for help

2

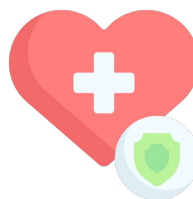
Tips for Building Strong Relationships in Teams

1



Expressing Yourself Clearly and Using "I" Statements

2



Create a Shared Vision and Purpose

3



Promote Psychological Safety

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3

Strategies for Leading with Integrity and Inspiration



Cultivate Open Communication

E.g. Sharing Personal Stories



Foster Self-Awareness

E.g. Reflecting on The Johari Window



Encourage and Exhibit Empathy

E.g. Having casual 1:1 chats



Practice Consistency

E.g. Modelling Behaviour

Need a bit more help?

Discuss with your coach on more personalised strategies!



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