

Professional Development

@MYBEST WORKBOOK

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This resource has been produced in collaboration with Steve Radcliffe's book Leadership Plain and Simple. Pages 106 - 123

WHAT ARE WE UP TO?

My Best Resources and Workshops



It won't be a surprise that enabling more people to be at their best, is fundamental to creating great organisations. Knowing how you are at your best, noticing when it happens and having the confidence to be at your best more of the time is the key to unlocking your individual talents. As the leader, imagine what you could achieve if you were all operating at your best. Most people's big question is 'how do I do this?', this booklet shares some initial resources to get you started with this thinking.

Sarah Heesom, Development Director,
Transform Trust & TSA

Comments from @mybest delegates

"Helping me to be more self-aware and understanding my impact felt is important and has huge impact on my overall effectiveness."

"I am now leading with an awareness of my own and other people's energy. This awareness has been an empowering strength and has enabled me to adapt my leadership style so that I do not cast a shadow and I engage others to come with me."

Want to explore more on this topic or attend an @mybest workshop?

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Plot Your Journey

Think about your work life....

Plot out your journey and the times when you have been at your best and also not at your best (you might want to draw this or create a timeline)



Initial Thoughts: What prompted you to think about “ Being your Best”?



Initial Thoughts: What do you want to get from this reflection?



It is helpful if you can collaborate with a partner or trusted colleague during this programme. Talk about the times that you are each at your best and not at your best from the road map on pages 4 and 5.



Say it out loud. Give at least 1 example of when your partner was at their best at work and 1 example of when they were not at their best.

The Triggers for me

Fears?



What you care about?

Doubts?



What you value?

Uncertainties?



What's important?

Limiting Beliefs?



What you want to see?



These aspects get in the way. They hold us back and mean that we can feel flat, disengaged or disheartened. They limit our potential and get in the way of us being at our best. This is your 'just surviving' space.



Write down on this side of the page your own answers under the headings. Your answers will be different from your partner's and that is ok. They will be driven by different experiences. By naming them it is possible to make some different choices.

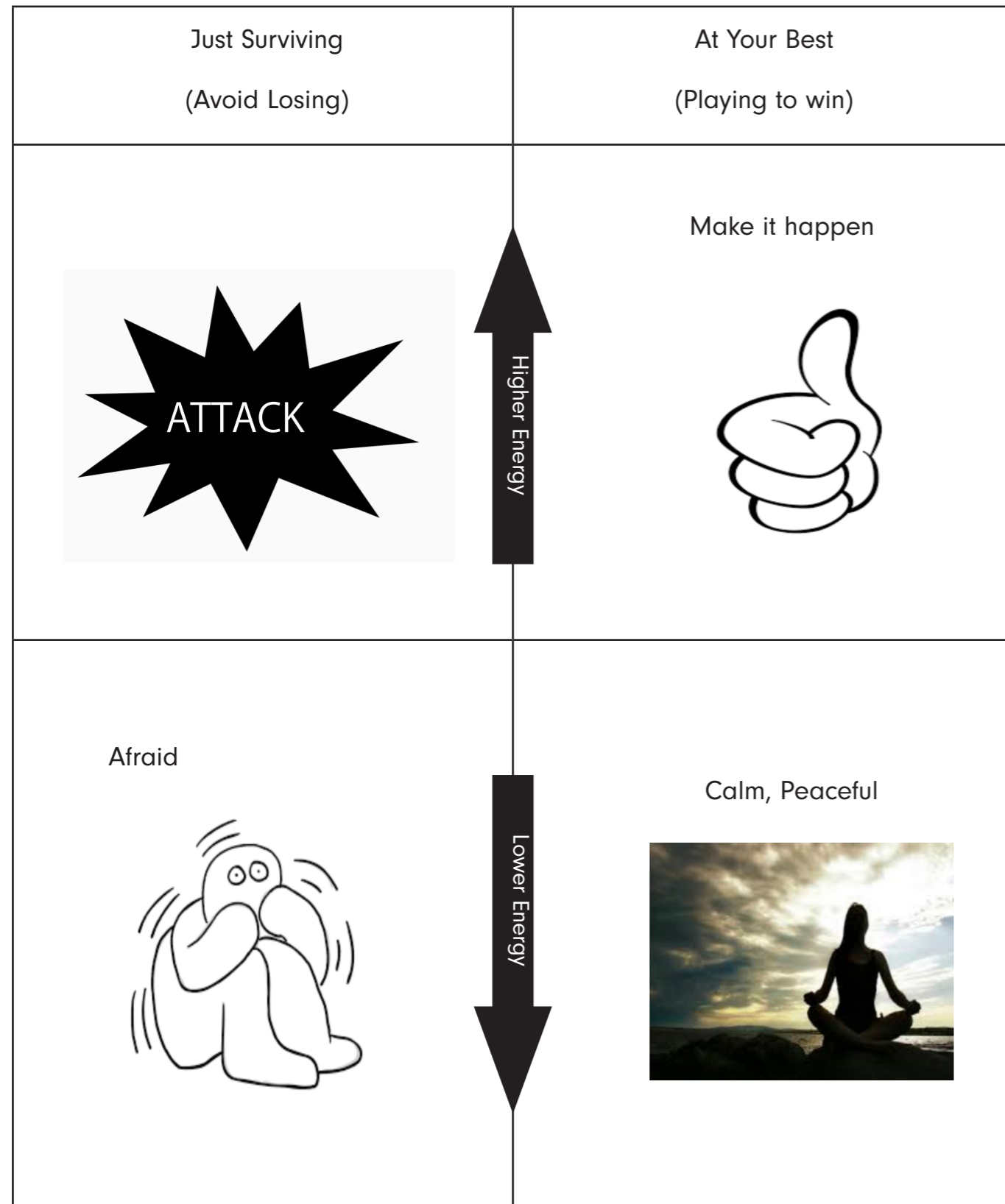
These areas enable us to be at our best. They help us to focus on the positive and enable us to feel good about what we are doing and how we are feeling. They are a source of our brilliance.



Write down on this side of the page your own answers to these questions. Take your time and perhaps come back to what you are writing a couple of times as you refine it. Your answers will be different from your partner's and that's ok. It is important that these are meaningful answers for you.



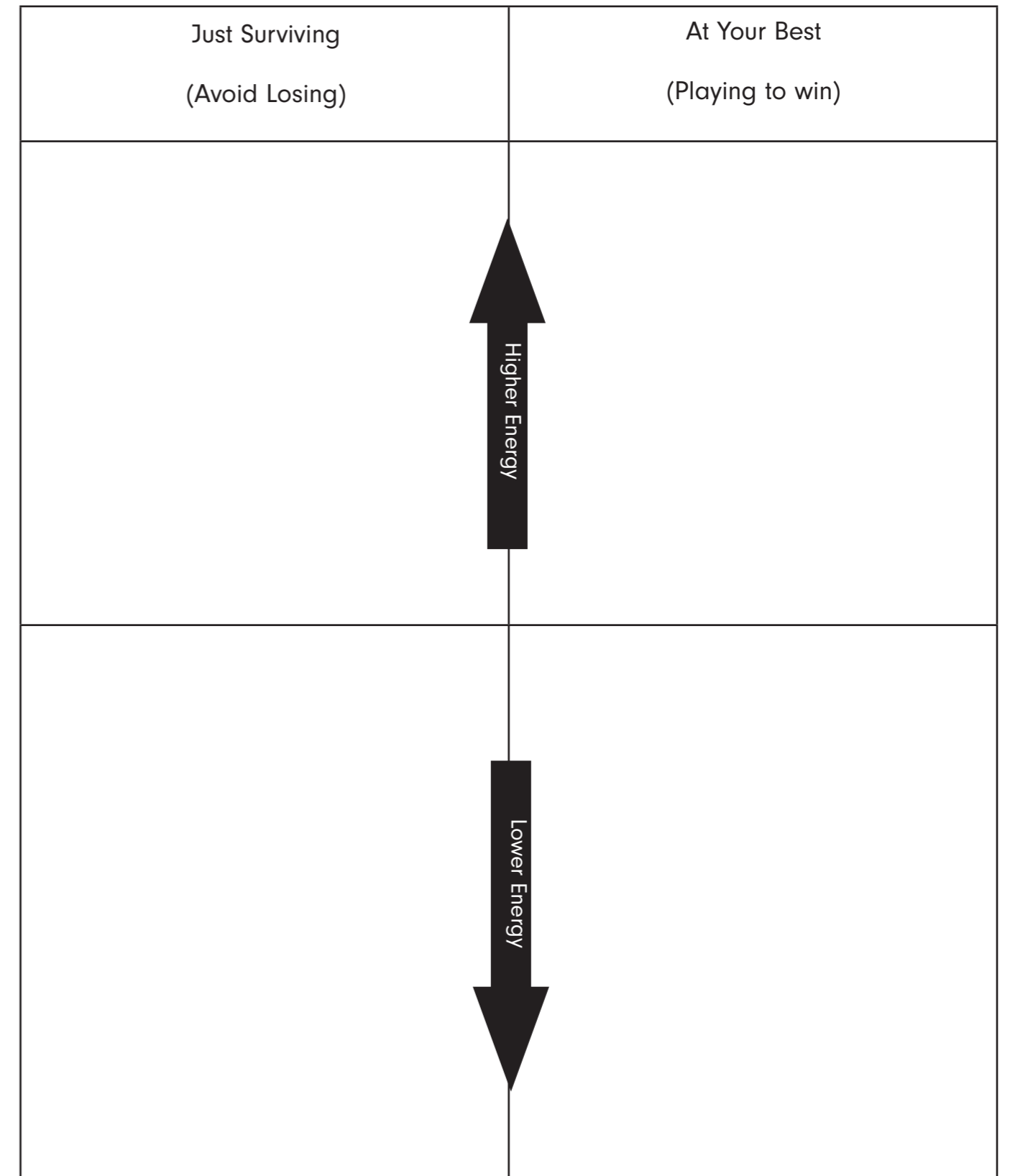
How energy can look at Your Best and Not at Your Best



My Picture



What words or phrases would you use to describe how you are in each box?



Conscious Practice: Your Homework



What are you noticing about yourself when you are "At Your Best" and "Just Surviving"?
Make a note over the course of a few weeks.



What choices are you making to be who you want to be?

{ "The greatest discovery of any generation is that human beings can alter their lives by altering their attitudes of mind" }
- Albert Schweitzer




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@MYBEST WORKSHOP

Inspiration to be your best



**“Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful
beyond measure.”**

Marianne Williamson

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#MondayMotivation



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