

No More
IFS OR BUTS



How to be an Authentic Leader

My authenticity journey

Science experiments

Dubai royalty

Puppy training

Side room

And asking a LOT of questions

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**STRESS
MATTERS**

BEANDDO



Curiosity
Adaptability
Dependability

Calm
Awareness
Decisiveness

DON'T JUST BE approach

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Explore your world
BE CURIOUS



Define your goals
BE AMBITIOUS



Commit to change
BE COMMITTED



Grow sustainably
BE SUCCESSFUL



Enjoy the ride
BE YOURSELF





Authentic leadership is a management style.

Genuine, Self-aware, and Transparent.

An authentic leader is able to **inspire loyalty and trust** in her employees by **consistently displaying** who **she really is** as a person, and **how she feels** about her employees' performance.

Authentic leadership is the **single strongest predictor** of an employee's job satisfaction.

The areas of authenticity

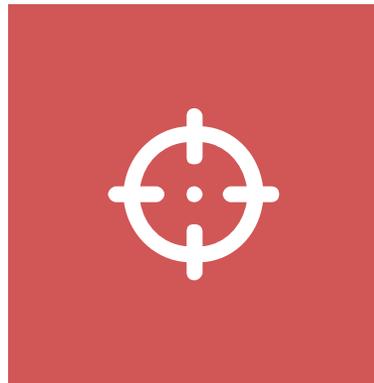
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Explore your world
BE CURIOUS



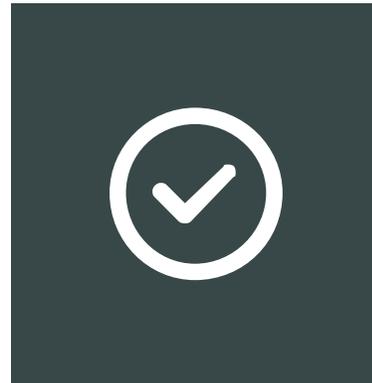
Self-awareness

Define your goals
BE AMBITIOUS



Personal values

Commit to change
BE COMMITTED



Motivations

Grow sustainably
BE SUCCESSFUL



Boundaries

Enjoy the ride
BE YOURSELF



Support network

The areas of authenticity: Self-awareness

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Explore your world
SELF-AWARENESS

Reflect after positive and negative situations – why did you act like that and why did you feel like that?

Display your strengths and weaknesses with understanding, you don't have anything to hide

Importantly - what are the opportunity and threats?

Time to **reflect**
Time to **analyse**
Time to **adapt**

The areas of authenticity: Personal



Explore your world
SELF-AWARENESS



Define your goals
PERSONAL VALUES

Find your keys and they will unlock your authenticity

Sounds cheesy – but it's true!

Identify your values and then develop the behaviours to support those values

Do personal values and business values need to be the same?

Know what you **stand for** and how you will **lean into** it

The areas of authenticity: Motivations



Explore your world
SELF-AWARENESS



Define your goals
PERSONAL VALUES



Commit to change
MOTIVATIONS

To be an authentic leader you also need to be a well-leader

Practice gratitude and champagne moments!

Learn the motivations of your team

Who or what inspires you?

Your **values** and your **motivations** need to align and **direct you**

The areas of authenticity: Motivations



"I never dreamed about success. I worked for it."

Estee Lauder
Entrepreneur

"Champions keep playing until they get it right."

Billie Jean King
Tennis Champion

"Courage is doing what you're afraid to do."

Eddie Rickenbacker
WW1 Fighter Pilot

"Leaders have the courage to make unpopular decisions and gut calls."

Jack Welch
Former CEO, General Electric

"My best successes came on the heels of failures."

Barbara Corcoran
Entrepreneur

"People respond well to those that are sure what they want."

Anna Wintour
Editor-in-Chief, Vogue

The areas of authenticity: Boundaries

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Explore your world
SELF-AWARENESS



Define your goals
PERSONAL VALUES



Commit to change
MOTIVATIONS



Grow sustainably
BOUNDARIES

What habits have crept in over lock-down?

As a leader, you need to decide on your boundaries

Model good boundary behaviour

Be **clear with your why** when making **all decisions**

The areas of authenticity: Support

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Explore your world
SELF-AWARENESS



Define your goals
PERSONAL VALUES



Commit to change
MOTIVATIONS



Grow sustainably
BOUNDARIES



Enjoy the ride
SUPPORT NETWORK

Offer constructive, not just positive feedback

Seek feedback from others

Surround yourself with a team that bring out the best in each other

Cut quick and deep when needed

Identify those **in your support network**, those **there for you**

How authentic are you?

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Self-awareness

___ out of 20



Personal values

___ out of 20



Motivations

___ out of 20



Boundaries

___ out of 20



Support network

___ out of 20

___ out of 100

Next steps...

DISCOVER YOUR SCORE

Work through our Authentic Leadership quiz to discover your areas of strength and areas for improvement.

Email laura@nomoreifSORBUTS.co.uk for the link.

FREE 30 MIN SESSION

<https://calendly.com/stressmatters/30min>

or email:

laura@stressmatters.org.uk

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DISCOUNT available for this cohort