



# Transforming Leadership: Mastering Your Mind

# CHANGE

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## Agenda

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- Identify and challenge negative self-talk: How to recognize the patterns of self-doubt and replace them with empowering thoughts.
- Shift to a growth mindset: Embrace challenges as opportunities for growth and development.
- Build mental resilience: Develop the strength to thrive under pressure and bounce back from setbacks.



# INTRODUCTION

LIONSOLOGY

Career Coach/Leadership Coach for over 20 years

Author of “I Quit” and “Hear Us Roar – Unapologetic Women Leading In Corp. America”

How to be happy at work – for no reason



What Is Your Self Talk At Work?

YOU ARE NOT YOUR  
THOUGHTS

# Thoughts and Feelings

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What are you telling yourself about YOURSELF?





# Inner Voice At Work

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All or nothing thinking

Overgeneralization

Emotional Reasoning (all feelings, no facts)

Labeling

Should statements

Catastrophizing

# Inner Voice At Work

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"I'm not competent enough for this role"

"Failure is not an option" (perfection)

"I can't trust my team to deliver" (trust)

"I don't have enough time to get everything done" (scarcity)

"I'm not keeping up with the competition" (Comparison Trap)

"I can't show vulnerability" (Fear of Weakness)





# Making Friends with Your Mind

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Understanding the inner dialogue is crucial for personal growth.

Cultivating a positive mindset can enhance leadership skills.

Mindfulness practices help in managing stress and improving focus.



# Growth Mindset

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ALL THINGS THAT PRESENT ARE AN  
OPPORTUNITY FOR TRANSFORMATION

LEARN, UNLEARN, RELEARN

CONFRONT LIMITATION, DISCARD  
BELIEFS

QUESTION ASSUMPTIONS



# Don't react or judge. Just watch...

## Witness Awareness

Identification with the Thoughts

Separate them from "YOU"

Watch them like you watch Netflix

Empower What is Most Beneficial

A friend wants to go to a bar- but you don't drink



## How You See It Is Key

# Acceptance

It's not happening TO YOU at work  
or in life.

It's all just HAPPENING.

Never fight the mind.







# INTRODUCTION

LIONSOLGY

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