

Ideas for healthy leadership actions

Behaviour

I am open, honest, and transparent (authentic)

Action

Share more of yourself appropriately – your interests, strengths, and vulnerabilities. You could do this at the start of a team meeting and invite everyone to share



How I am (being)

Behaviour

I show compassion towards myself and kindness and compassion towards others

Action

Practice self-compassion
[Practice 5min Me Space](#)

Behaviour

I am clear on values, expectations, setting clear objectives/goals and checking with individuals that they feel they are realistic and achievable

Action

Ensure you have regular one to ones or work reviews to discuss objectives and share ideas about how things can be done differently



What I do (doing)

Behaviour

I tackle bullying and challenge inappropriate behaviour

Action

Develop and re-enforce your Team's Charter

Behaviour

I respect and value difference, I take an inclusive approach, I recognise individuality and encourage people to be themselves (embracing diversity)

Action

Ask the following questions when you notice yourself or others making assumptions:

- Is my opinion factually true?
- Is it always factually true?
- What evidence do I have for my opinion?



What we do together (enabling)

Behaviour

I coach others to find their own solution (acting as a sounding board and challenging constructively)

Action

Familiarise yourself and actively practice the GROW coaching model (Sir John Whitmore)