

WAYS OF FEELING



Reflective Questions Tool

Let's Not Forget We Are Human

- How am I connecting with others as people, not just roles or responsibilities?
- What do I need to let go of from the past to move forward?

Doing Things Differently Can Lead to Big Change

- How do emotions and mindset show up in the way I work?
- Am I acknowledging the emotional impact of working in new ways, especially when support or funding is unclear?

The Grief in Growth

- What am I holding onto that no longer serves me or the team?
- How can I honour the discomfort that comes with growth and change?

Make the Invisible Work Visible

- What emotional or relational work is happening that isn't being recognised?
- How can I reflect more deeply on how I see, think, and feel in my leadership?

If It's Known, It's Not New

- When was the last time I felt uncertain and what did that teach me?
- How can I embrace uncertainty as a sign of innovation and learning?

Self-Care Is Essential

- Am I treating self-care and compassion as part of leadership, not separate from it?
- What do I need to feel supported and well in my role?