



*The Building Blocks
of Self-Leadership*

Create Massive Impact as a Leader

Wheel of Self-Leadership

Self-Leadership

It's about creating a strong sense of who we are so we can have the CLARITY and CONFIDENCE to go after the results we want. The process of developing our Self-Leadership results in a map of your unique leadership brand; how you show up as a leader.

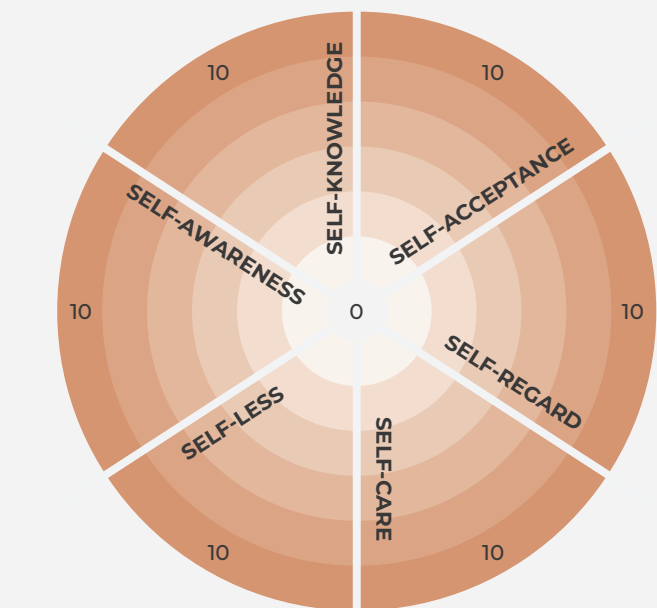
Rank Yourself:

Self-Awareness: Your ability to be actively present and purposefully reflective. Being skilled at noticing your own emotions, understanding how others perceive us, and choosing responses and behaviors that align with our values.

Self-Knowledge: Your willingness to be curious and gain clarity and insight into who you are; your values, strengths and weaknesses, your talents and gifts, and your 'superpowers.'

Self-Acceptance: Your readiness to accept everything, positive and otherwise, about yourself. This includes empathy for your experience, forgiveness for your missteps, and ongoing compassion for your human-ness.

Self-Regard: Your knowing that you are as deserving as anyone else of life's gifts; you are worth no more AND no less than anyone. The power of worthiness gives you the confidence to say 'yes' or 'no,' based on what YOU want in your life.



Self-Care: Your commitment to take a stand for yourself by setting clear boundaries and being your own advocate; it's your Self-Regard in ACTION.

Self-Less: Your willingness to vulnerably share what you've experienced and learned and model your new authentic way of being for others.

Where do you see the greatest opportunity to grow your Self-Leadership?



Your Future Self

What kind of leader do you aspire to be?

Leadership is NOT a role; **it is a way of being.** Who do we need to be to show up as *inspiring* and *empowering* leaders in ALL areas of our lives?

Self-Leadership assumes that when we know, accept, and care for ourselves, we can more easily extend the same to others.

Describe the kind of leader you aspire to be.

Quote:

"We can only ever know ourselves, and by doing so honestly, we come to know the world."

- Jen Knox

What are your leadership goals?

Where do you envision your career in...

One Year?

Five Years?

10 Years?

Identify your Strengths

Strengths are character traits or skills that one is good at and performs well, creates positive energy; the 'real you' comes out, AND there is sufficient opportunity to use it in your life.

List your top five strengths:

01.

02.

03.

04.

05.

Pick one of your listed strengths in which you feel particularly confident.

Describe a recent time when use of this strength resulted in a positive outcome.

Describe how you FEEL when you use this strength.

Describe how you use this strength in your work and life.

Determine your Values

List five people you admire.

These people can be family, friends, co-workers, public figures... anyone whom you respect or hold in high regard:

01.

02.

03.

04.

05.

Now, list specific traits, qualities, or characteristics that you admire about these people.

There's a list on the next page of this workbook to reference if you need it; try to only use it if you get stuck.

Group 'like' traits together. For example, *honesty* and *truth* or *bravery* and *courage* might be grouped together. Try to create no more than five (5) groups. **Once you've done that, label each group with a word that represents that overall trait group. Those are your core values!**

Group Like Traits Together

Core Value Names

Values Word Bank

Accomplishment
Abundance
Accountability
Balance
Beauty
Challenge
Clarity
Confidence
Connection
Determination

Discipline
Discovery
Education
Excellence
Faith
Family
Flexibility
Freedom
Generosity
Gratitude

Harmony
Healing
Honor
Independence
Initiative
Integrity
Joy
Justice
Knowledge
Leadership

Loyalty
Merit
Modesty
Money
Nature
Nurturing
Openness
Optimism
Perseverance
Personal Growth

Power
Privacy
Professionalism
Purpose
Strength
Success
Timeliness
Trust
Vitality
Wealth
Wisdom

"I believe in you, until you believe in you." - Camille



About Camille

Camille McKinney is a professional Leadership Coach, Consultant, and Speaker who empowers overworked, high-achieving women in leadership to dig deeper, trust themselves, and grow to their full potential. Camille's ability to connect with her clients in an approachable, level-headed, and authentic way while leading them towards their goals is what sets her apart.

Camille is passionate about elevating the impact leaders have on people and organizations. Her evolution resulted in creating a model for developing one's Self-Leadership, which includes six building blocks to explore, embody and express one's unique leadership brand.

Before becoming a professional Leadership Coach, **Camille worked for over 25 years as a learning and performance consulting professional in the banking and healthcare industries.** She

also led a team of sales training professionals. Her commitment to demonstrating effective leadership and empowering her team to be their best resulted in *Great Place to Work* employee engagement scores of 100% two years in a row!

After decades of working in the corporate sector, Camille ventured out on her own **to close the gap between learning how to lead and BEING a great leader people want to follow.** She leverages **her experience in leadership, emotional Intelligence, performance consulting, and training to support you in revealing your leadership advantage, both in business and life.**

Camille's positive yet real perspective adds value to her clients' visions. She's the first to admit that she doesn't have all the answers, and *she's glad she doesn't*, because she knows she delivers real value when she supports her clients in creating their own solutions.

Camille's Accolades + Accomplishments:

- ✓ Degree in Business Management
- ✓ Completed Coach U's Core Essentials and Advanced Coaching Programs
- ✓ Certified Facilitator for Linkage's Advancing Women Leaders Academy
- ✓ Faculty Member of Linkage's Women in Leadership Institute
- ✓ Active Member of the Los Angeles International Coaching Federation (ICF) community
- ✓ Chapter President of the Los Angeles International Coaching Federation (ICF) Community, 2020
- ✓ Executive Advisor of the Los Angeles International Coaching Federation (ICF) Community, Present

Leadership is an inside job.

Helping women leaders create massive impact by knowing and trusting themselves.

You were promoted for your expertise, *but that's not how you get to the next level.*

It's time to drop perfectionism and control at the door and realize that your success is no longer your expertise. **Leveraging your expertise to empower and lead others will lead you to ultimate success in your career and organization.**

Do less and be more.

Camille helps identify the challenges that block women from exploring, embodying, and expressing their own unique leadership brand.



Are you ready to become the leader *you're meant to be?*

SCHEDULE A 20-MINUTE CALL WITH CAMILLE

You have nothing to lose and so much to gain.

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Camille McKinney
LEADERSHIP COACH