

Authentic Leadership is...

- **Aware** – leadership based on high self awareness,
- **Vulnerable** – with the courage to be imperfect
- **Accountable** – committed to goals and personal truths
- **Positive Mindset** – mindfully empathetic and trustworthy

Authentic Leadership is leadership based on high self awareness with the courage to be imperfect, committed to goals and personal truths, mindfully empathetic and trustworthy.

Accountability

- Being proactive rather than reactive
- Coming up with solutions
- Showing up
- Accepting criticism
- Speaking up
- Communicating effectively
- Handling disagreements maturely

Vulnerability

- Taking chances that might lead to rejection.
- Talking about mistakes you have made.
- Feeling difficult emotions such as shame, grief, or fear.
- Reconnecting with someone you have fallen out with.
- Admitting that you don't know, that you're wrong or mistaken.
- Sharing personal information that you normally keep private.

Positive Mindset

- Changing your perspective. Your perspective has a powerful influence on your life and happiness.
- Smiling and being kind to others.
- Practicing self-compassion.
- Not taking things personally.
- Being happy for others' success.

Self–Awareness

- The ability to recognize and understand your moods, emotions, and drives, as well as their effect on others.
- Being able to focus on something positive when in a negative situation.
- Being able to recognize a bad habit and the effect it can have on you.
- Learn about your emotional triggers, so you can better deal with negative emotions like anger or hate.

Authenticity allows you to...

- Honor your values
- Increase self confidence
- Be a better self-advocate
- Have greater focus on passions
- Have better connections
- Show up better in interviews and social settings
- Become a better leader/colleague