

LEADING with HONOR

Leadership Lessons from the Hanoi Hilton



Coaching: FREE THE CAPTIVES

Lesson 14

The expanded coaching materials are provided to help readers implement the lessons taught in the book.
Use them for individual or group development.

Most leaders do not think of themselves as captives, but everyone has some areas that are holding them back from being all they can be—habits and behaviors that just aren't working. Awareness is the starting point for gaining full freedom to grow in leading with honor. Likewise, once you recognize your own need for freedom, you will be able to help others break free also.

1. Is it possible that past disappointments have created a hint of bitterness in your heart toward someone or some group?

- a. Reflect on your strongest emotions for indications of bitterness. Who or what causes you to have a “kneejerk” response? If bitterness is present, what can you do about it?

- b. How can you help others who might be dealing with bitterness?

2. How well are you connecting with your emotions?

- a. If you are like many leaders, you may be having difficulty even recognizing them, let alone connecting with them. Refer to the emotions chart in Appendix E and find your most frequently recurring emotions. List them here and notice if they are more positive or negative?

- i. _____
ii. _____
iii. _____

- b. How can you manage your emotions to be more effective as a leader?

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c. What are you doing to help others connect with their emotions?

3. Reflect on a time when you rationalized and avoided doing what you knew was the right thing to do.

a. What can you learn from that experience?

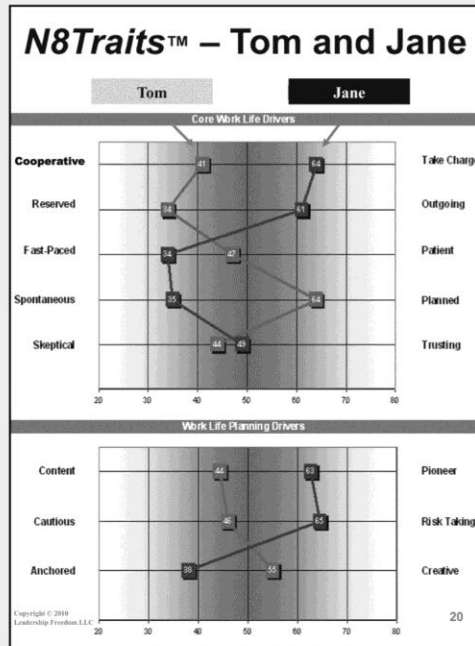
4. How are you helping others learn the value of doing what is right, even when it does not feel right?

TAKE THE NEXT STEP IN YOUR LEADERSHIP JOURNEY

LeadingWithHonor.com has tools and resources to help you and your team lead with honor –

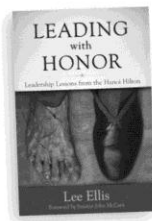
The **N8Traits™ Profile** reveals your authentic self, for working at your very best. You'll discover your natural “go-to” behaviors, providing powerful information for self-management, building relationships, and leading others.

You will discover your strongest behavioral talents and the key influencers you are most likely to use in making leadership and life decisions. The report includes your key strengths and struggles and your relationship essentials. Additionally, you'll receive beneficial suggestions on how to relate to others more effectively to improve your leadership, communications, and teamwork.



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