

LEADING with HONOR

Leadership Lessons from the Hanoi Hilton



Coaching: CONFRONT YOUR DOUBTS AND FEARS

Lesson 4

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

As in every area of leadership development, step one is awareness. The questions below may help you identify ways in which you can develop more courage.

1. In what areas of your life are you lacking courage?

Circle or list all areas that apply:

- Physical courage (willingness to risk physical pain, injury, or even loss of life)
- Professional or political courage (willingness to risk promotion, job, or career)
- Reputational courage (willingness to risk prestige, your standing in the community)
- Relational courage (willingness to risk rejection, disappointment, emotional hurt, loss of relationship)
- Financial courage (willingness make tough decisions to save more or spend less and get out of debt)
- Personal and emotional courage (willingness to take risks to grow as an individual by breaking old habits and learning new ones)

Reflect on each of the above. For example, with respect to relational courage, does fear keep you from holding others accountable at work, demonstrating tough love to your children, or setting boundaries with your peers, your manager, or others? Should you add any other types of courage to the list?

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2. Determine specific situations/issues where you might you be *dominating* or *withdrawing* when you should be *engaging*. (Refer to the Leadership Engagement Model diagram and discussion in Chapter 4.)

1. What are the doubts/fears associated with your withdrawing or dominating behaviors?

2. What underlying energy drives your doubts or fears?

3. What consequences are likely to develop if you continue to allow these doubts and fears to control your behavior and what's really at stake?

3. Determine choices you need to make to engage issues you have been avoiding.

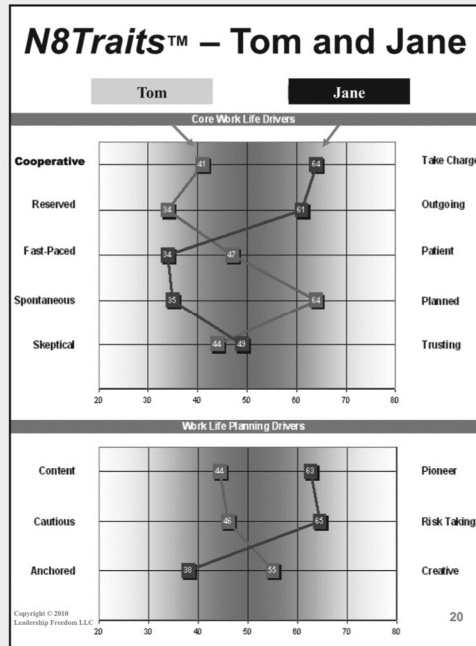
Look at all your responses above. What are the core doubts and fears that you've been avoiding and what choices can you make that will help you be more engaged in confronting them? Make a list as well as a commitment to take courageous action to resolve these issues.

TAKE THE NEXT STEP IN YOUR LEADERSHIP JOURNEY

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

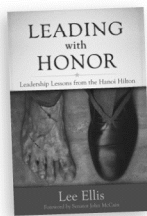
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You will discover your strongest behavioral talents and the key influencers you are most likely to use in making leadership and life decisions. The report includes your key strengths and struggles and your relationship essentials. Additionally, you'll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



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