



# DARE TO DREAM AND MAKE IT HAPPEN

FIVE BEHAVIOURS FOR WOMEN LEADERS

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# How?

Drawing on the wisdom of the mothers, I had the honor of meeting and reflecting on my own experience so far.

I concluded that five behaviors make the difference between the women who just have dreams and the ones who manage to realize them.

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## 5 behaviors for the change

Know yourself  
Blossom  
Help  
Explore  
Believe in yourself

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Anyone who is a parent knows that the best school to develop emotional intelligence is good parenting. I developed a beautiful basket of gifts that will help mothers show the world their inherent leadership skills.

In order to unlock your personal leadership, you need to start with deeply knowing yourself: your strengths, vulnerabilities, biases, and growth potential.

# Spark time

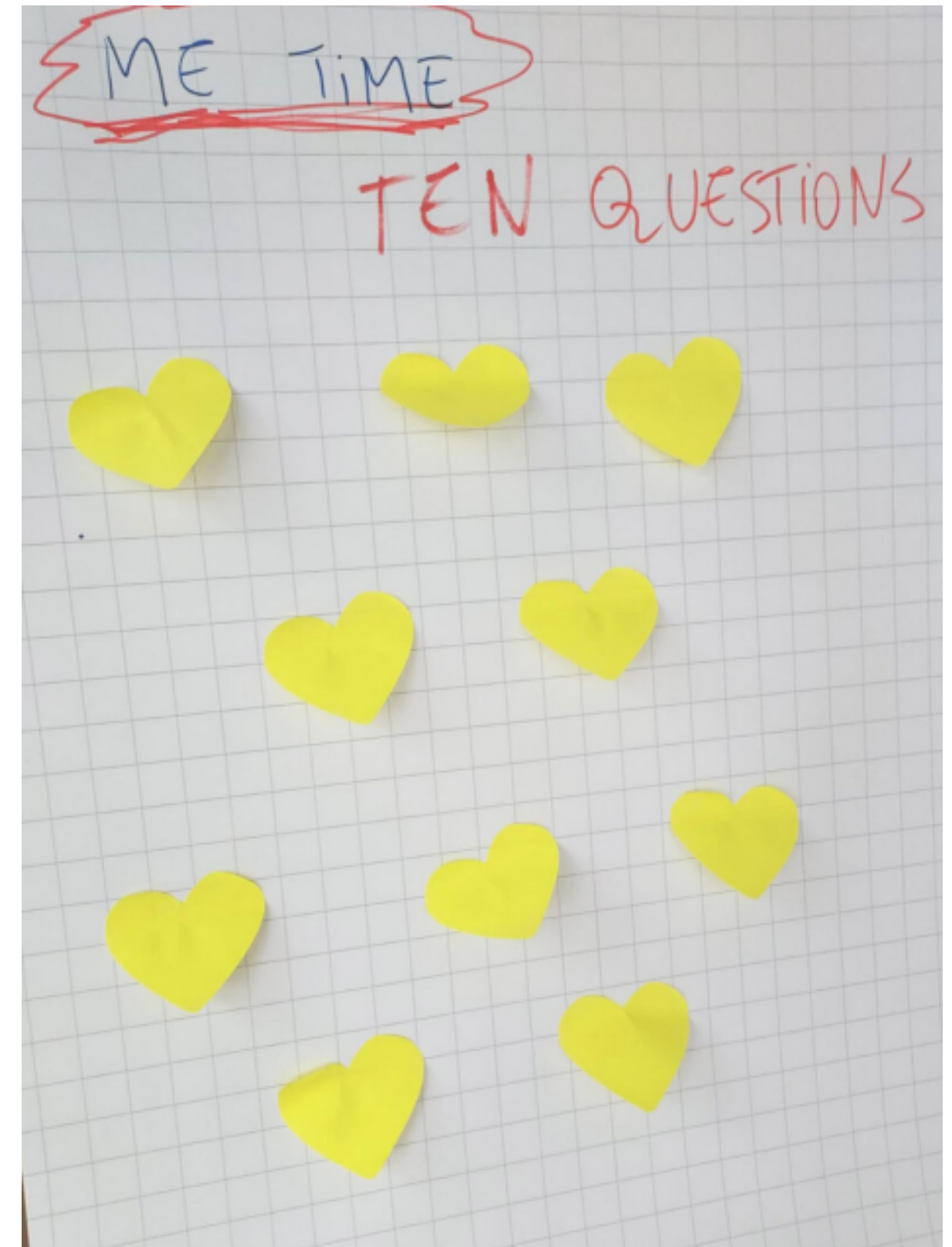
10 questions about ME

## Why should I do it?

I developed this exercise in my Ithaca coaching practice and it proved useful to career development and life coaching in many cultures and professions.

## How can I do it?

Find a calm place where you will not be disturbed for at least an hour. Make space on a table or on the floor for 10 different areas where you can place 10 different index cards or post-its.



**On each of the 10 cards write one of the following questions:**

What do I do well?

What do I enjoy doing?

Where do I offer my expertise to others?

What makes me smile?

What makes me feel good?

What makes me annoyed that I can avoid it?

What is really important to me?

Who do I care about most?

What activities or challenges really excite me?

What do I really want to learn?

Have a good look at all the questions and start answering them one by one by writing on small different post-its underneath. Don't overthink the answers or try to explain.

You are the only one who is going to see it. No one will judge or think that it is silly. It is your truth. As you go through all the questions you will notice how your table fills up and in front of you, there is a puzzle with pieces of truths about you.

When you are done, read them all and take a moment to let everything sink in, then write a short story about yourself for a seven-year old child. It will give you the clarity you need to act with confidence and courage.

# **Do you want to go further with your exercise?**

**We accelerate women's career & leadership development by reframing their mindset around parenthood and showing its positive impact.**

**Let's talk!**

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