

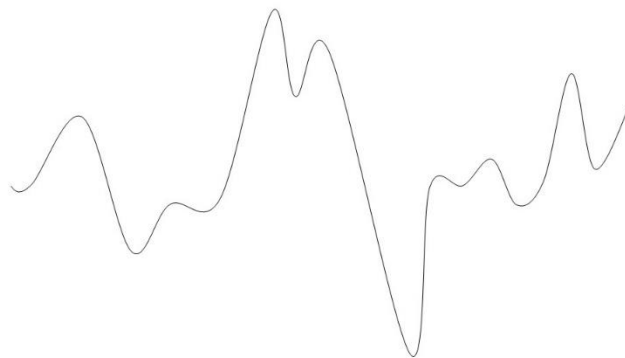
JST & Dr Eve Poole Leadership Development Series:

Your Leadership Timeline

A lot will have changed for you since you started your John Smith Trust Fellowship with a residential programme in the UK. In our first session, we will discuss what lessons you have learned since that experience, and what you know now about yourself as a leader that with the benefit of hindsight you wish you'd known earlier on in your career.

To prepare for that conversation, please complete this exercise. You will need a piece of paper and something to write with.

Leadership Timeline



1. Arrange the page in landscape and plot a line horizontally across the middle to represent a neutral mood or reaction
2. Mark the date of the start of your Fellowship on the extreme left and today's date on the extreme right
3. Thinking back over your experience, what were the lows and highs for you? It might be helpful to mark these as crosses with notes
4. When you have marked up your timeline, join the crosses or events with a line, noticing the comparative highs and lows and any periods in between
5. As preparation for our session, please think about triggers and patterns – what can you learn about your leadership from your actions and reactions, about what promoted the highs and triggered the lows, and what enabled you to recover each time you fell below the line? Were there any particular people or situations that helped you or hindered you? What do you know now about your leadership that might have helped if you had known it then?

In the session, you will be invited to discuss your timeline with other Fellows in breakout groups, so that in plenary we can learn from the general trends.

Please email us if you have any questions: alumni@johnsmithtrust.org