

# Discussion Questions

What can you learn about your leadership from your actions and reactions?

What promoted the highs and triggered the lows, and what enabled you to recover each time you fell below the line?

**Think about triggers and patterns!**

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?

**Working outside of our comfort zones helped us to develop and move up.**

**the timeline showed me that I need external reassurance ( in a form of fellowships) to take on more leadership roles**

**Actions. I learned from my team, what kind of leader you are. The best to learn about your learn to have a feedback from your team.**

**Reactions. Challenge - empty streets, empty public places and out of comfort zone. The best way to improve yourself to have challenges. Happy and healthy. Positivity, creativity, communications.**

**Feedback from team members helped our development!**

What triggers and patterns did you identify in your Leadership Timeline exercise?

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**Your lows  
sometimes  
open new  
doors (A Sh)**

**Lows and  
highs  
sometimes  
can be just  
hours apart (A  
Sh)**

**When you think you  
are in really deep  
shit, you are actually  
already climbing up  
(you just don't see  
that yet) (A Sh)**

**Write  
reflections  
here!**

# What triggers and patterns did you identify in your Leadership Timeline exercise?

**The lows: you are not aware of your capability while in diverse group of people as a leader**

**plan. I believed in my own skills and new knowledge that I gained during my time in the UK. And it worked out. 2019 was full of diverse achievements. I was very productive, I continued to learn new things and**

**The lows: One of them linked to the pandemic. I lost my job, I was mentally exhausted as well. I was lost. And then came up with the decision to leave the country to gain the new knowledge and experience, to strengthen my skills.**

**To become resilient to unexpected situation and get used to be ready to new reality. Resilience is in woman's nature**

**Highs: learnt how to motivate people**

# What triggers and patterns did you identify in your Leadership Timeline exercise?

**Low: low level of motivation for self-development**

**Lows: miscommunication**

**Highs:  
Learned to delegate the responsibility and trust the employees**

**Learned to make time for coaching the staff rather than sharing their responsibility**

What triggers and patterns did you identify in your Leadership Timeline exercise?

**JST and  
personal  
reflections on  
future career  
and job**

**Legacy  
and what  
to give to  
people**

**Feeling  
responsibility and  
better/common  
values of society**

**Privacy and  
adaptation to  
new reality**

# What triggers and patterns did you identify in your Leadership Timeline exercise?

**Time management and punctuality are keys for success in leadership**

**Not matter the situation sticking to the Values/Principles is the most important for the leadership experience**

**Externalities effect to your leadership experience**

**Team support helps to overcome your downs**

**Honesty is import for a good leader**

**Remote work hindered me as I realised new type of skills are required for communication**

# What triggers and patterns did you identify in your Leadership Timeline exercise?

**Change management. Challenge is important!**

Working with a well-performing team that we can rely on is crucial.

Micro-management can kick in when working remotely.

**Relationship with staff corelates to ups and lows. Delegate more!**

**Perfectionism can be damaging.**

**Flexibility of style.**

**Stress! Makes us more efficient within a threshold. Pressure up to a level may be positive.**

Bad superiors. Unmanageable bosses.



What triggers and patterns did you identify in your Leadership Timeline exercise?

**Childhood  
experience  
and mistakes  
stay with you  
forever!**

**Write  
reflection  
here!**

**Change and  
building trust  
is really  
challenging  
online!**

**Knowing enough to  
know what you  
don't know! And  
looking for  
opportunities to  
learn and grow**