

# Self-Leadership

What is actually keeping you stuck — and the decision that ends it.

SESSION ARC · 90 MINUTES

## 01 Opening Frame

5–10 min

Bridge review — two or three participants share what happened in the 72 hours since the last session. Grounds the room in real experience before the session begins.

## 02 Teaching

15–20 min

Core concept delivered via presentation. Keep responses focused. Clarity is created through decisions, not discussion. Listen for what resonates most.

## 03 Silent Work

15–20 min

Work through the Worksheet independently. No discussion during this phase. The quality of your silent work determines the quality of everything that follows. Go deep.

## 04 Hot Seats

20–25 min

Two participants work through their material live with the coach. Observe and learn — the insights from each seat apply to the whole room, not just the individual.

## 05 Commitment

5–10 min

Name one decision and one action before leaving the session. Decisions are made within the session — not postponed. Complete your Post-Session Commitment form today.

### SESSION 1 FOCUS

#### What is actually keeping you stuck

Diagnosis + the managing vs. leading gap.  
The first act of self-leadership.

### YOUR OUTPUT TODAY

#### Leadership Decision

+ Stuck Statement — written, owned, held by the cohort.

**REMINDER:** Submit your Worksheet in the portal before closing this tab. Your Tally form is the official record.

■ #leading-yourself-forward — Slack

leadingyourselfforward.com