

Welcome to your MAD Leaders Elevate Coaching Program!

Over the coming months my role is to support you to elevate your career, self-awareness, self belief *and* your mindset. We will be addressing your dreams, challenges, passions, purpose, habits, actions, plans and much more, but I want you to know up front that if you have *internal* shifts you will see *external* shifts.

I ask you to commit to you now.

I ask you to trust the process and show up.

This is not the time for hiding or playing small.

I ask you to step up and claim the life and career you are yearning for.

I ask you to get vulnerable and real and true and brave.

It's time to create the life and career you want NOW.

The following worksheets are a deep dive into your values, purpose and goals, which encourage you to step back from your day-to-day activity, reconnect with who you are and what you want, *write down your goals* and set up your coaching journey well.

Self-reflection is a key element of personal and professional development and neglecting or avoiding these activities will lead to limited growth and unrealised potential.

Please give this exercise the time (30 minutes) and thought required, rather than rushing through it. *Having said that this process does not have to be perfect.*

The following pages are broken into the five stages:

1. Your Purpose
2. Your Why
3. Your Values
4. Your Self-awareness
5. Your Goals

If you have any questions don't hesitate to call me on 0409110002.

Let's do this,

Rachael Pickworth

1. Exploring your PURPOSE

This passion and purpose activity can help you to understand what you *naturally* do well and what you enjoy, which can support you when career planning, navigating opportunities and capability development planning.

From the list below circle the words that resonate with you most. Do *not* select the words that you think you *should* select as a leader, as we want to identify your *natural* strengths and what you enjoy doing. You may add additional words yourself below.

To dream	To learn	To grow
To inspire	To solve problems	To create
To start	To complete	To drive
To lead others	To make a difference	To bring people together
To simplify	To strategise and plan	To drive for excellence
To organize	To structure	To dive into the detail
To coach	To enjoy life	To help others achieve
To be assertive	To mentor	To achieve results
To drive performance	To translate strategy to goals	To lead by example
To plan	To communicate	To understand
To analyse	To fix things	To be fair
To drive diversity	To create solutions	To recognise others
To feel	To connect people	To manage
To support	To empower	To delegate
To project manage	To develop others	To challenge status quo
To solve the unsolvable	To innovate	To build community
To engage	To love	To nurture
To share knowledge	To give back	To be in control
To realise potential	To transform	To influence
To brainstorm	Improve the world	To implement the plan
To motivate	Embrace change	To listen

Top 5

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