



# IMPROVING LEADERSHIP, BY IMPROVING YOURSELF! BE THE BEST VERSION OF YOURSELF!

ED STRENK, CHPC

## HUMAN POTENTIAL PATHWAYS

# IF I WERE IN YOUR SHOES

- Who is this Ed Strenk guy?
- Where did he get this stuff?
- Do I have to participate?



# WHO IS ED STRENK AND WHERE DID HE GET THIS STUFF?

- Retired VP of Sales Excellence @ Axcelis
- Sales Excellence Coach @ Dell
- Director of Sale Excellence @ Varian
- International Certified Human Potential Coach – HPI
  - Values-Based Coaching
  - Life/Work Roadmap
    - What do you long for?
    - What values will guide you?
    - How can you operationalize your values?



# PURPOSE OF THIS EXERCISE

Decide what it is that you long for and then select the values that will guide you (work & personal). This will help you be the best version of yourself, which will help you be the best leader/manager.

One can't be a good manager or leader, unless you know what it is you yearn for, and decide on what values will guide you. This will allow you to manage or lead from a strong base. Without that strong base, you will be making up things as you go, and that causes chaos for you, and for those around you. Being the best version of yourself, will allow you to be a strong leader and manager.



# DO I HAVE TO PARTICIPATE?

YOUR CALL!

The background of the slide features a person in a meditative pose, with their hands held in a prayer position. Overlaid on this is a semi-transparent circular graphic that mimics a car's instrument cluster, complete with speedometer and tachometer scales. The overall color palette is warm and soft, with bokeh light effects.

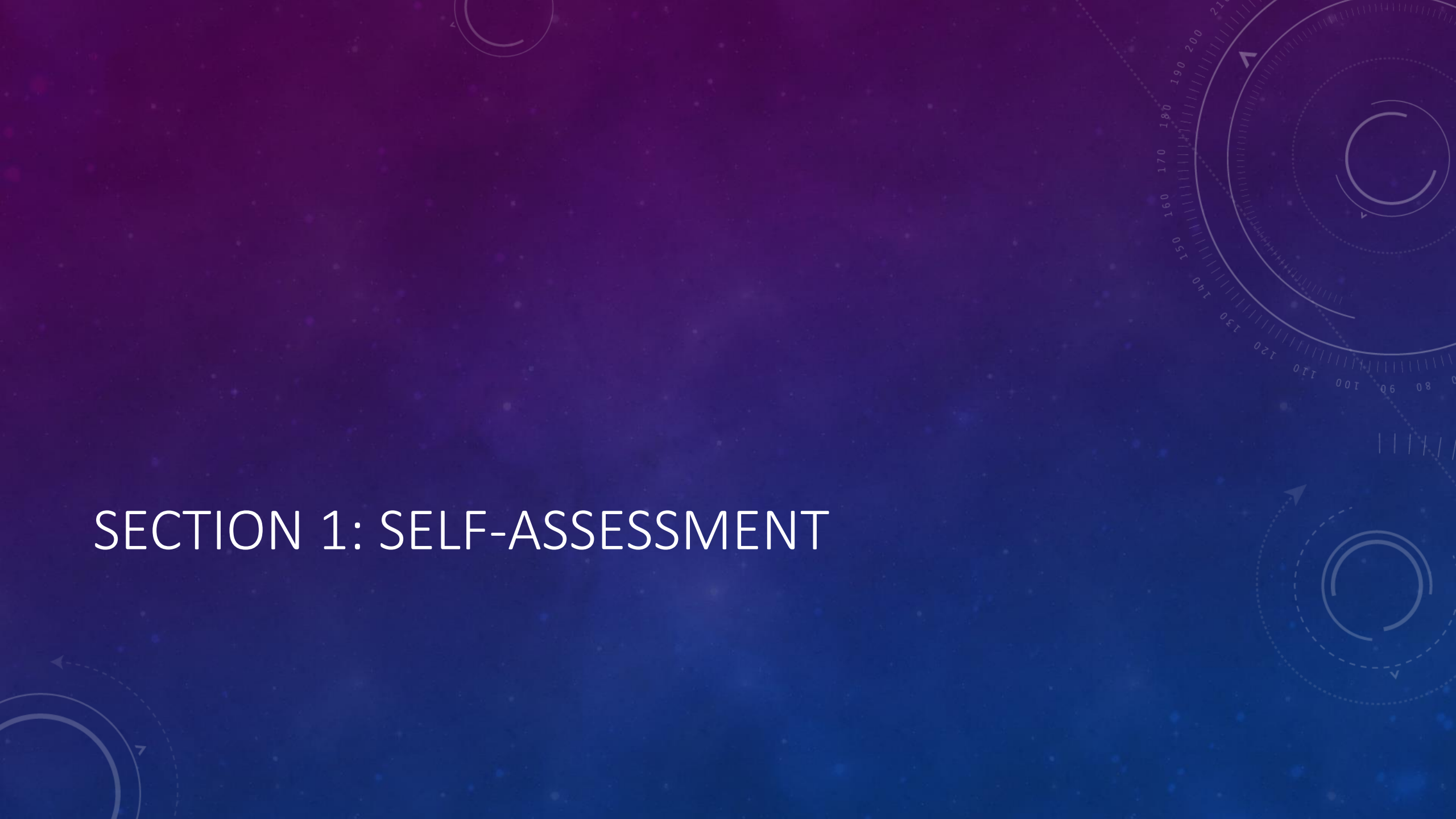
# LET'S GET “CENTERED” FOR THIS LEADERSHIP JOURNEY

IF BY CHANCE YOU'RE DRIVING.....

# IN THE CHAT BOX – ONE WORD FOR EACH QUESTION

- How do you feel physically?
- How do you feel mentally?

# SECTION 1: SELF-ASSESSMENT

The background is a gradient of dark blue and purple, speckled with small white dots resembling a starry sky. On the right side, there are several faint, white geometric diagrams. These include concentric circles, some with arrows indicating a clockwise direction, and a larger circular scale with degree markings from 0 to 210. In the bottom left corner, there are more faint circular outlines and arrows.

# Assessment

- 1-Least true
- 10-Most true

| Statements                                                                       | Scale |
|----------------------------------------------------------------------------------|-------|
| I have a clear vision for who I want to be as a person.                          |       |
| I know in what kind of environments I can thrive.                                |       |
| I have a clear vision for my ideal love relationship.                            |       |
| I know exactly how much money I want to earn and why.                            |       |
| I am fully satisfied with my current level of health.                            |       |
| I am fully satisfied with my current level of fitness.                           |       |
| My career is very fulfilling, and I love what I do.                              |       |
| I have a strong sense of how I would like my life to unfold in the coming years. |       |
| I “respond” more than I “react” especially in stressful situations.              |       |

## SECTION 2: WHAT DO YOU LONG FOR?

# WHAT DO YOU LONG FOR/DREAM FOR OVER THE NEXT 3-5 YEARS, PERSONALLY & PROFESSIONALLY?

## Sample:

- More fulfillment and simultaneously, ongoing balance, trusting instincts to move forward
- A concrete plan (where, what) and something new, cool to work on and grow into
- A new adventure, living in a new area and learning something new
- Losing 20 pounds
- Advance to the next level professionally

# CATEGORIES

- Health
- Fitness
- Relationships
- Quality of Life
- Work/Life Balance
- Financial Life
- Emotional
- Social
- Intellectual
- Career

## SECTION 3: WHAT VALUES WILL GUIDE YOU?

ANSWERING  
THESE  
QUESTIONS  
MAY HELP  
PRIME THE  
PUMP

| Question                                                                                             | Notes |
|------------------------------------------------------------------------------------------------------|-------|
| What qualities do you admire most in others?                                                         |       |
| Bring to mind a leader you respect. What qualities do you find most inspiring for you?               |       |
| To live a happy and fulfilled life, what values are most important?                                  |       |
| What qualities do your friends & co-workers admire in you?                                           |       |
| If you could pass on 3 qualities to your children and direct reports/co-workers, what would they be? |       |

# WHAT VALUES WILL GUIDE YOU?

## Sample:

### **What do you long for/dream for, personally & professionally?**

- More fulfillment and simultaneously, ongoing balance, trusting instincts to move forward
- A concrete plan (where, what) and something new, cool to work on and grow into
- A new adventure, living in a new area and learning something new
- Improved leadership skillset

### **What values will guide you as a person/leader?**

- Fitness
- Self-Control
- Forgiveness
- Humility
- Humor

# WHAT VALUES WILL GUIDE YOU, PERSONALLY & PROFESSIONALLY?

- Adventure
- Authenticity
- Compassion
- Grace
- Creativity
- Curiosity
- Fun
- Generosity
- Mindfulness
- Love
- Patience
- Respect
- Responsibility
- Self-Awareness
- Self-Care
- Self-Development
- Self-Control
- Spirituality
- Trust
- Kindness

# SECTION 4: HOW WILL YOU OPERATIONALIZE YOUR VALUES?

## HOW DO I OPERATIONALIZE AND LIVE MY VALUES?

1. Concrete Actions
2. Visit them often
3. Reflect on how you're doing
4. Use an accountability coach



- Verbally say “lighten up” during moments of stress.
- Laugh at myself once per day and not feel foolish to do it.
- Walk for 30 minutes each day.
- Trust my intuition – listen to my heart.
- Always be building. Have an active creative project in the works at all times and dedicate time every weekend to it.
- Use “loving kindness” meditation weekly to project feelings of forgiveness to people I still carry negative feelings for and hold grudges.
- Take a cold shower for 2 minutes to start the day.
- Take one conscious breath per hour.

# WIIFY

- Actual outcome examples:
  - “Changed my life for the better... I have a purpose related to work.”
  - “I am not the same manager I was before starting this journey.”
  - “Helps me hold myself accountable for areas I want to improve on in my career and personal life.”
  - “Pushes me to create healthy habits and to choose strategies to make them attainable.”



[edstrenk@gmail.com](mailto:edstrenk@gmail.com)

[www.liferoadmap.design](http://www.liferoadmap.design)

<https://youtube.com/user/edstrenk>