



YOUR KEYNOTE TAKEAWAY

3 Tools to Lead Yourself First

Three practical tools inspired by the Six Threads of Whole-Person Leadership, so what you heard today becomes what you practice tomorrow.

WHAT'S INSIDE**01 The Trigger-to-Response Map™**

Catch yourself before you react.

02 Notice. Name. Need. Next.™

A 4-step way to stay curious under pressure.

03 Better, Not Perfect™

A short repair script for after you get it wrong.

The Trigger-to-Response Map™

Before you can lead anyone else, you lead yourself. This map catches the moment between what happens and how you react: the moment where every good (or bad) leadership decision actually gets made.

FILLED-IN EXAMPLE

Trigger: A team member misses a deadline for the second time.

Old response: Snap. Say something passive-aggressive. Redo the job myself, thinking no one can do it like I can.

Pause: Notice I'm frustrated, overwhelmed, feeling stretched too thin.

New response: "I notice you're struggling to hit deadlines. Help me understand what seems to be getting in the way."

TRY IT TONIGHT

Think of one thing that triggered you this week, at work or at home.

Trigger (what set me off): _____

Old response (what I'd normally do or say): _____

Pause (one honest sentence about what I'm feeling): _____

New response (what I want to try instead): _____

Notice. Name. Need. Next.™

Instead of asking “What’s wrong with them?” try asking this instead. It’s the fastest way back to curiosity when you’re about to react.

“Leadership isn't about the title you hold. It's about the example you choose to set every day.”

SAMPLE SCRIPT

Notice: “I’m feeling anxious and about to shoot off a not-so-friendly email.”

Name: “I’m worried this makes me look incompetent.”

Need: “More information, so I have clarity on the situation before I respond.”

Next: “Let’s take 15 minutes and regroup before we respond to the client.”

TRY IT IN YOUR NEXT TOUGH MEETING

Pick one moment this week where you feel your pulse jump: a missed deadline, pushback from a client, a tense one-on-one.

Notice (what’s happening in my body or the room right now): _____

Name (what am I actually feeling): _____

Need (what do I need right now, or what does the other person need): _____

Next (one small, doable next step): _____

Better, Not Perfect™

You will still lose your patience. You will still get it wrong. The goal was never perfection. It's repair. You don't have to pretend. You notice, you own it, and you grow. Use these three questions the next time you need to reset with someone.

1. What happened? Not the story we're telling ourselves, just the facts, what we know.
2. What do I want to repair, and with whom?
3. What's one thing I'll do differently next time?

“Leadership isn't about the title you hold. It's about the example you choose to set every day.”

LEAD YOURSELF FIRST.

Bring this to your team?

Book Kori for your next keynote, offsite, or leadership day.

koribloom.com/book-kori · hello@koribloom.com

More tools like this on the blog at koribloom.com/blog.