

The Leader Lab Process

01

**NOTICE AND
NAME**

which "mind" you are operating from in this moment. Exercise self-compassion and take a big breath.

your thinking by asking yourself, What do I really want for myself in this situation? Do I want to grow or simply cope?

02

DISRUPT

03

GATHER

data - listen to your unique message, notice your feelings, and what you choose to do next.

the process to normalize it.

04

PRACTICE

05

REFLECT

on any patterns you notice and share your findings with a trusted someone(s).