



Brilliant to Boss

**A Leadership Journey
From Brilliant Contributor
to Bold Leader**

Journey Book

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Awareness & Intention



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From Avoidance to Clarity



Month 4 - Presence & Purpose:
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Your Journey...



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Welcome to Brilliant to Boss!

This four-month experience is designed to help you grow with clarity, confidence, and intention. The next several pages provides a high-level look at what you'll explore each month and the types of activities you'll engage in along the way.

Each month blends micro-learning, reflection, and coaching, helping you develop clarity, confidence, and a leadership voice rooted in who you are — not who you're "supposed" to be.

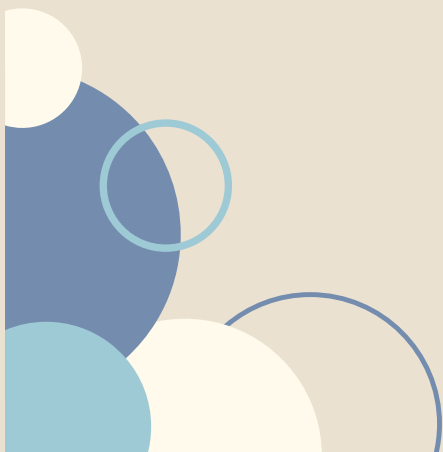


Journey Overview

You will move through a rhythm of:

- Short articles and videos to spark thinking
- Leadership journal prompts to deepen awareness
- Stretch activities to practice new approaches
- Coaching sessions to process insights and build momentum

Every element is designed to feel doable, meaningful, and deeply personal.





Journey Overview

Across the four months,
you will engage in a mix of:



Focused topics and
journal prompts

This journey is intentionally paced. It's
challenging enough to build new
leadership capacity, yet flexible enough to
fit into your work and life.

2–3 curated videos
or articles (30–45
minutes)



2–3 coaching sessions
per month (60
minutes each)



Weekly journal
reflections (15–20
minutes each)

S	M	T	W	T	F	S
Readings & Videos 30–45 minutes						
Journal Reflections 45–60 minutes						
Coaching Sessions 2 – 3 hours						

Total Commitment per month
3 - 5 hours

Journey Overview

By the end of the program, you'll have:



A personal definition of leadership

What does leadership mean to me, in my own words?

A clearer, more grounded leadership identity

Who am I when I'm leading as my most authentic self?

Skills to navigate conflict and communicate with clarity

How do I want to express myself when things feel tense or unclear?

A mindful, purpose-driven leadership presence

How do I want to show up—in my body, my tone, and my energy—when I lead?

A Leadership Legacy Letter and compass for continued growth

What impact do I hope my leadership leaves behind?



Your Coaching Sessions

Your coaching sessions *are the heartbeat* of this journey.

Each one is a 60-minute space for reflection, conversation, and growth—where insight becomes action and awareness turns into momentum. As you plan your calendar, set aside time not only for our sessions but also for quiet moments before and after to prepare and reflect.

Reviewing your journal prompts and engaging with the suggested readings or videos will help you show up centered and ready to explore what's possible.

This is your time—an intentional pause in the rhythm of your work to invest in you, your clarity, and the leader you're becoming.

Month 1

**Becoming a Leader:
Awareness & Intention**

- Session 1: Clarity Call / Leadership Intake
- Session 2: Values & Vision Conversation

Month 2

**Identity & Self-
Awareness: The Leader
Within**

- Session 3: Identity & Authenticity
- Session 4: Integration Session

Month 3

**Conflict &
Communication: From
Avoidance to Clarity**

- Session 5: Conflict Awareness
- Session 6: Communication Practice
- Session 7: Reflection & Reframing

Month 4

**Presence & Purpose:
Becoming the Leader
You Imagined**

- Session 8: Mindful Presence Session
- Session 9: Leadership Legacy Session



**[Access my
Calendly
Here!](#)**

Your Preparation

Your Preparation Matters.

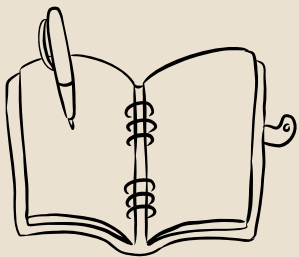
Each coaching session is designed to meet you where you are—but the depth of your insight will come from the work you do before we meet. **Taking time to watch the videos, read the articles, and reflect on the journal prompts helps you bring fresh awareness and real experiences into our conversations.**

Think of your preparation as a warm-up for your growth—it gets your mind open, your thoughts flowing, and your perspective ready to stretch. The more intention you bring to the process, the more meaningful and transformative each session will be.



Your personal online folder includes short, intentional articles and videos to spark reflection between sessions.

Plan for 30–45 minutes per milestone to review them and jot a few notes. These insights will help you show up ready and make each session more impactful.



Your journal is where awareness takes shape. **Before each session, spend a few minutes reflecting on the prompts** and jotting down honest thoughts or examples from your week.

You don't need perfect answers—just presence. These reflections help you show up ready to explore, connect, and grow with intention.

Your Journal

Where reflection meets growth.

Your leadership journal is your personal space for insight and integration. It's where awareness takes shape—where ideas from coaching sessions, readings, and experiences become real shifts in how you lead.

Use it to capture thoughts, questions, “aha” moments, or even challenges that surface along the way. There are no right answers—just honest reflections that help you lead with clarity and intention.

What's Inside

Your journal includes space for:

- **Journey Reflection Prompts** — to explore before each coaching session.
- **Session Notes** — to capture insights and takeaways after each conversation.
- **Stretch Activity Reflections** — short sections to note what you tried and learned.
- **Leadership Growth Tracker** — a place to see how your mindset and confidence evolve over time.

When to Use It

- **Before each session:** Review the prompts and jot down your thoughts.
- **During sessions:** Capture insights, realizations, and key phrases that resonate.
- **Between sessions:** Record reflections from articles, videos, or real-world experiences.
- **End of each month:** Summarize your biggest growth moment or mindset shift.

Where to Find It

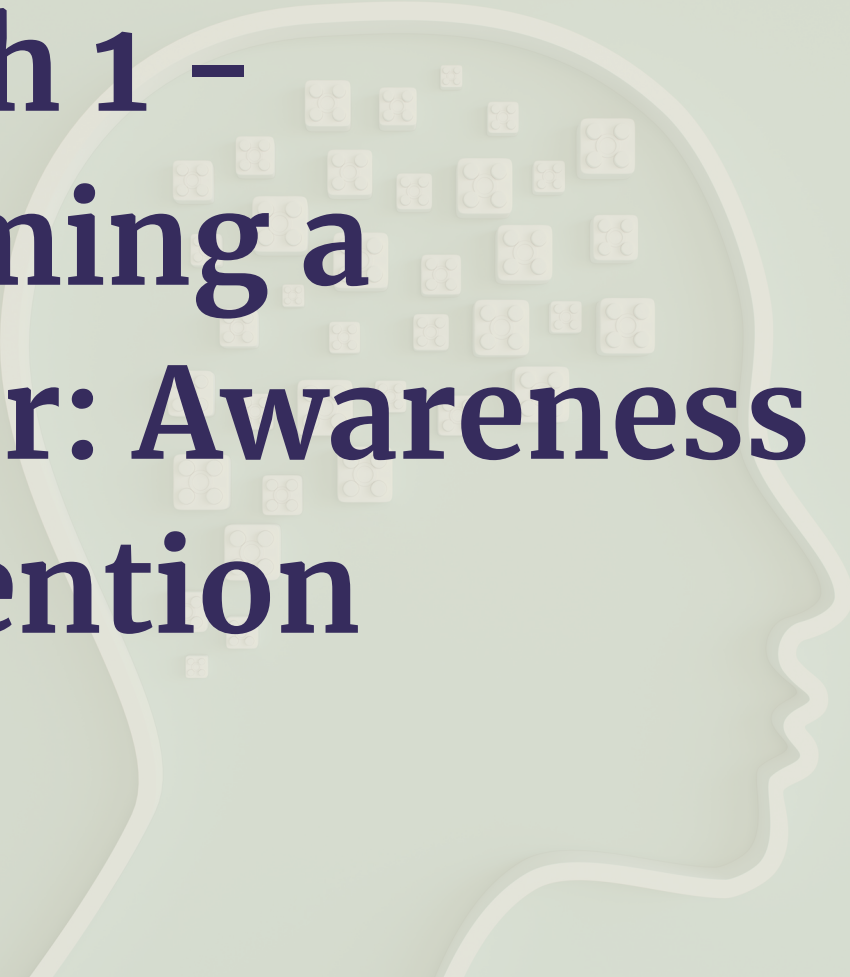
Your Journey Book – You'll be able to click the links to each of your journal pages, which we be available online in your personal folder. Feel free to bookmark your journal for easier and more frequent use.

You can also
access it here!



This journal is your mirror and your map. The more consistently you use it, the more clearly you'll see your growth—and the more confidently you'll step into the leader you're becoming.

Month 1 – Becoming a Leader: Awareness & Intention



Purpose – This first month is about awakening your sense of leadership. You'll explore what being a leader truly means to you — beyond titles or expectations. You'll pause, reflect, and start shaping a leadership practice that feels authentic, confident, and intentional.

 [Month 1 Overview](#)

 [Month 1 Activities –
Weeks 1 & 2](#)

 [Month 1 Activities –
Weeks 3 & 4](#)

 [Your Month 1 Notes!](#)

***Intention** – Have a clear, personal definition of what leadership means to you — and an intention statement to guide how you show up moving forward.*

M1: An Overview

During Month 1, you will:



Understanding what leadership really means — for you, your work, and your purpose.

Build language around leadership.



Engage in Two 60-minute sessions — your **Clarity Call** and your **Values & Vision conversation**.



Capture your Leadership Intention Statement in your journal.



M1: Activities & Milestones

Week 1 — Setting the Stage



Complete your Intake Form and Leadership Survey.

Watch: Simon Sinek – How Great Leaders Inspire Action

Take notes!



Journal: What does leadership mean to me right now?



Week 2 — Redefining Leadership

Watch: Drew Dudley – Everyday Leadership

Coaching Session #1 – Clarity Call

Take notes!



Journal: What myths about leadership am I ready to release?



M1: Activities & Milestones



Stretch Activity: Ask three people what leadership quality they see most in you. Note insights in your journal.

Take notes!



Journal: Who do I admire as a leader and why?



Week 4 — Integration & Intention

Review your reflections and themes from this month.

Journal: Capture your Leadership Intention Statement in your journal.

Coaching Session #2 – Values & Vision

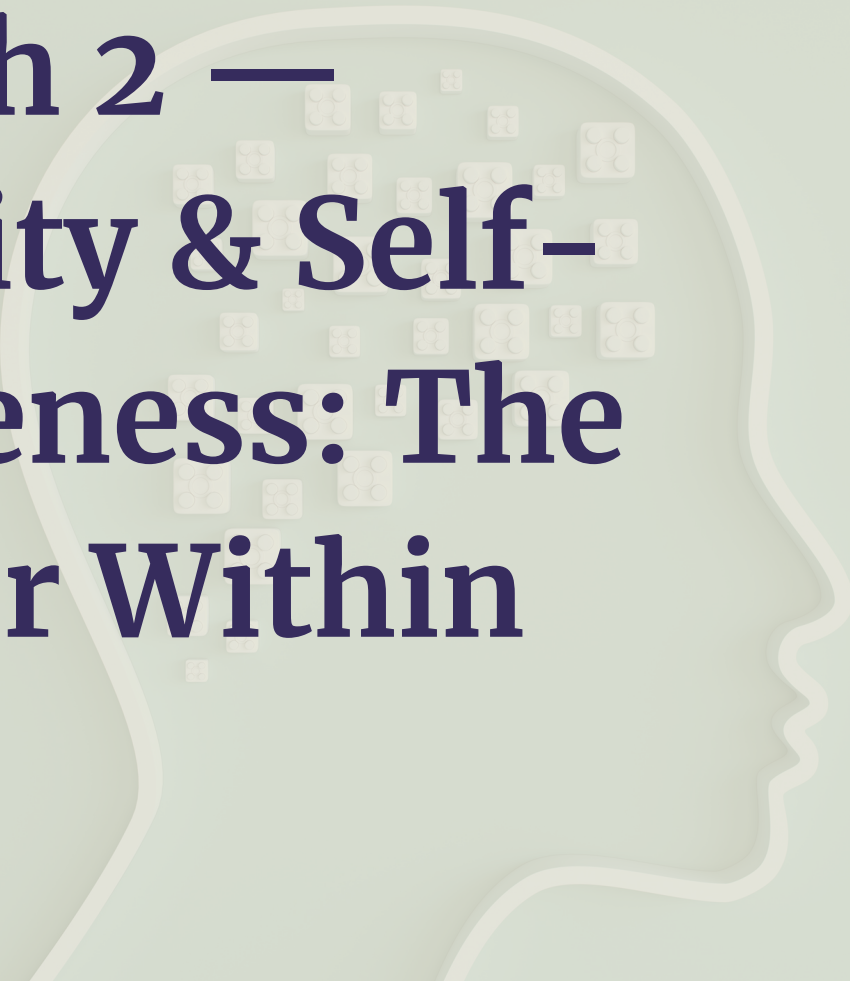
Take notes!



Journal: Who do I admire as a leader and why?



Month 2 — Identity & Self- Awareness: The Leader Within



Purpose – Month 2 invites you to look inward and discover the identities, experiences, and emotions that shape how you show up as a leader. This is your space to deepen self-awareness, reconnect with your values, and begin leading from a place of authenticity rather than expectation.

 [Month 2 Overview](#)

 [Month 2 Activities –
Weeks 1 & 2](#)

 [Month 2 Activities –
Weeks 3 & 4](#)

 [Your Month 2 Notes!](#)

***Intention** – Understand who you are as a leader — your strengths, your triggers, and your unique leadership identity. You'll begin to lead from a place of grounded awareness, not performance.*

M2: An Overview

During Month 2, you will:



Exploring the identities, experiences, and emotional patterns that inform your leadership.

Learn about identity, vulnerability, and emotional intelligence.



Engage in two 60-minute sessions focused on identity, authenticity, and emotional awareness.



Trace the parts of yourself that influence how you lead.

M2: Activities & Milestones



Week 1 — Understanding You

Watch: Brené Brown – The Power of Vulnerability

Read: Why Emotional Intelligence Is Important in Leadership

Take notes!



Journal: Which parts of my identity influence how I show up as a leader? What feels most true to me?



Week 2 — Authenticity in Leadership

Read: 'Being yourself' at work starts with understanding your identity

Coaching Session #3 — Identity & Authenticity Conversation

Take notes!



Journal: Where am I fully myself at work — and where do I feel like I'm performing? Why?

M2: Activities & Milestones



Week 3 — Emotional Awareness & Regulation

Watch: Above/Below the Line

Stretch Activity: Notice your emotional patterns this week. Capture one moment where you paused and chose differently.

Take notes!



Journal: What emotions tend to drive my decisions — and how do those emotions help or hinder me?



Week 4 — Integration & Inner Leadership

Review: Your notes from this month + your three strongest identity insights.

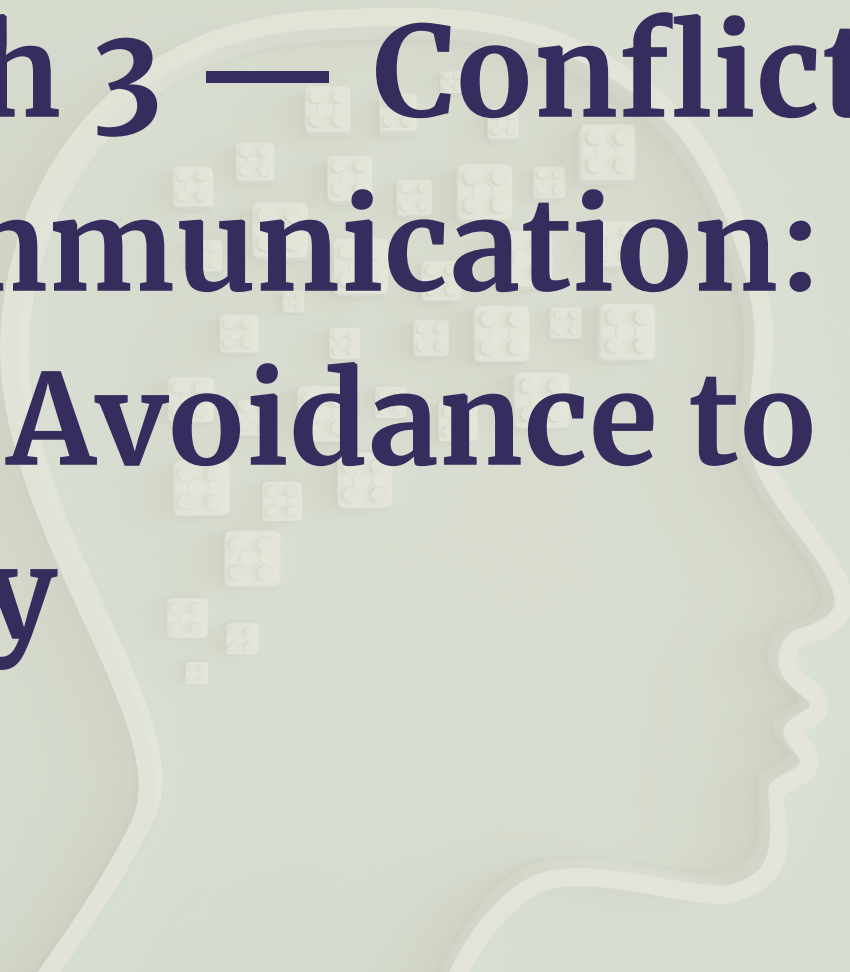
Coaching Session #4 — Integration & Emotional Agility

Take notes!



Journal: Capture your “Inner Leadership Snapshot” — 3 ways you want to show up more authentically going forward.

Month 3 — Conflict & Communication: From Avoidance to Clarity



Purpose - Month 3 is where you begin strengthening your voice. You'll explore how you respond to conflict, what tension brings up for you, and how you can communicate with clarity and courage — even when the stakes feel high. This month is about shifting from avoidance or overreaction into thoughtful, grounded leadership communication.

 [Month 3 Overview](#)

 [Month 3 Activities - Weeks 1 & 2](#)

 [Month 3 Activities - Weeks 3 & 4](#)

 [Your Month 3 Notes!](#)

***Intention** - Understand how you tend to show up during tension, have new tools for expressing your needs, and feel more equipped to navigate conflict without losing connection or confidence.*

M3: An Overview

During Month 3, you will:



Navigating conflict with confidence and communicating with clarity and empathy.

Learn new ways to think about conflict and productive disagreement.



Engage in up to three 60-minute sessions, focused on conflict awareness, communication practice, and integration.



Surface your triggers, communication habits, and common patterns.



M3: Activities & Milestones



Week 1 — Rethinking Conflict

Watch: Amy Gallo – The Gift of Conflict

Read: Conflict as a Catalyst for Corporate Success – Forbes

Take notes!



Journal: How do I typically respond when tension arises? What feels hard about conflict for me?



Week 2 — Disagreement as a Skill

Watch: Julia Dhar – How to Disagree Productively

Coaching Session #5 — Conflict Awareness & Mindset

Take notes!



Journal: If I viewed conflict as information instead of danger, what might shift for me?



M3: Activities & Milestones



Week 3 — Your Communication Style

Stretch Activity: Choose one conversation you've been delaying and prepare using the "What I need / What I'm feeling / What clarity I'm seeking" format.

Take notes!



Journal: How do I express myself when something isn't clear, aligned, or working?
What do I avoid saying?



Week 4 — Practicing Courageous Communication

Coaching Session #6/7: Communication Role-Play & Scenario Practice (optional):
Integration, Confidence & Next Steps

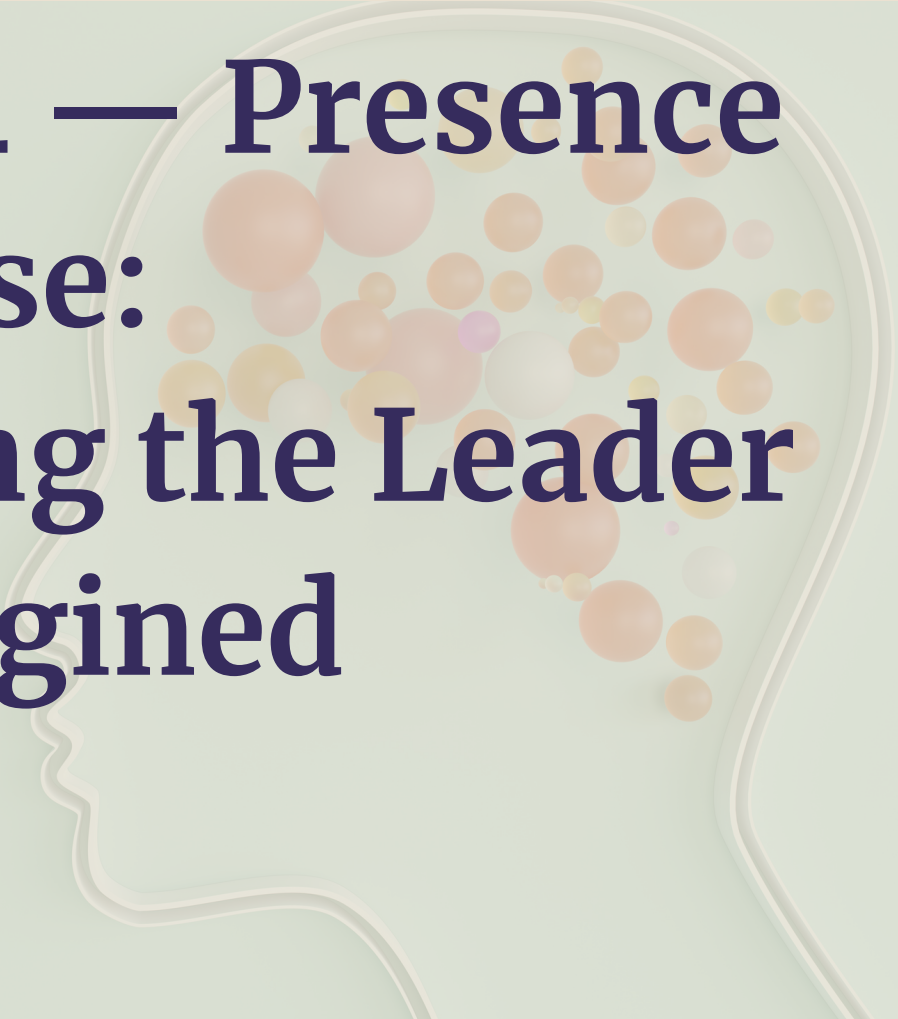
Journal: Capture your Courageous Communication Commitments — 2–3 behaviors to carry forward.

Take notes!



Journal: What did I learn about myself this month?

Month 4 — Presence & Purpose: Becoming the Leader You Imagined



Purpose – Month 4 is where everything comes together. This is your space to integrate what you’ve learned, deepen your presence, and explore the kind of leader you are becoming. You’ll focus on mindfulness, emotional steadiness, and leading with intention — not pressure. This month is about embodying your leadership, not just understanding it.

 [Month 4 Overview](#)

 [Month 4 Activities –
Weeks 1 & 2](#)

 [Month 4 Activities –
Weeks 3 & 4](#)

 [Your Month 4 Notes!](#)

***Intention** – Feel more grounded, confident, and connected to your purpose. You’ll walk away with your own leadership commitments, a deeper sense of presence, and a clear vision for who you are becoming.*

M4: An Overview

During Month 4, you will:



Leadership presence, mindfulness, and grounding your leadership identity in purpose.

Adopt a practice that strengthens your presence and helps you stay centered.



Engage in two 60-minute sessions — one on mindful presence, the other on leadership legacy.



Identify how you want to show up and what leadership means for your future.



M4: Activities & Milestones



Week 1 — Leading with Presence



Watch: Amy Cuddy — Your Body Language Shapes Who You Are

Practice: 3-minute grounding exercise (breath or posture reset).

Take notes!



Journal: What does leadership presence feel like in my body? When do I feel most grounded?



Week 2 — Mindfulness & Emotional Regulation

Watch/Listen: Jon Kabat-Zinn — Body Scan Meditation

Coaching Session #8: Mindful Leadership & Emotional Agility

Take notes!



Journal: When do I react vs. respond? What helps me stay centered when things get tense?

M4: Activities & Milestones



Week 3 — Leadership Legacy & Future Self

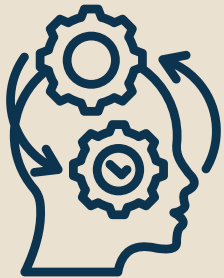
Watch: Simon Sinek — Why Good Leaders Make You Feel Safe

Stretch Activity: Spend one day consciously practicing “leadership presence” — slow down, notice your body language, observe your intentions.

Take notes!



Journal: What kind of leader do I want to be remembered as? What values do I want to stand on?



Week 4 — Integration, Legacy & Closing

Write: Leadership Legacy Letter — a message from your future self to your present self.

Coaching Session #9: Leadership Legacy Session

Take notes!



Journal: How has my leadership shifted over these four months? What am I proud of? What's next?