



AUTHENTIC LEADERSHIP GUIDE

Unlock your inner power

Do you get the feeling that people aren't seeing the best of you?

I believe there is an authentic leader inside every human. There is a version of you who speaks clearly from the heart, with confidence and in a way connects to the people around you? That person who leads and influences others, who enables positive change and achieves huge goals.

IT IS YOU!

CONNECTION

Authenticity starts with a deeper connection to yourself.

By being more connected to yourself, can be more connected to others.

It can be tempting to compare ourselves with others to find inspiration and motivation, for example trying to be more charismatic, more extroverted or less emotional, less enthusiastic than we are.

Comparison moves us out of connection with ourselves and others. We move away from what we really want and what makes us happy.

We describe authenticity with words like *real, honest, truthful, integrity, actual, genuine, essential, verified and sincere.*

When we are authentic, there is an alignment between how we present ourselves and how we naturally are.

“It takes courage and strength to be empathetic, and I'm very proudly an empathetic and compassionate leader. I am trying to chart a different path, and that will attract criticism but I can only be true to myself and the form of leadership I believe in.” — JACINDA ARDERN

AUTHENTIC LEADERSHIP

Leaders who bring out the best in others out through motivation, purpose and growth, do so because people connect with them.

People we **know** and **like**, people we **trust**.

This is a basic marketing principle, that people are more likely to buy from those they know, like and trust.

The same can be applied to any leadership goals you have and it starts with how they know you, the real you.

“There is power in allowing yourself to be known and heard, in owning your unique story, in using your authentic voice ”

— MICHELLE OBAMA

Authenticity also makes space for psychological safety, belonging, innovation and thriving at work.

“Be so completely yourself that everyone around you feel safe to be themselves too”

— UNKNOWN

HOW TO START EXPLORING YOUR AUTHENTIC LEADERSHIP VOICE

To get started, we can start where we are right now, use these questions to start reflecting and connecting with the way you use your voice, start thinking about how the different situations you can and want to create an authentic leadership impact that voice.

Fill in the questions and talk to a trusted friend, partner, coach or mentor.

INNER VOICE

What does your inner voice say? What does the real you sound like? When have you been at your best authentic self, what were the conditions and context?

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THE OBJECTIVE

Take time to think, why are you talking? What is your goal?

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THE SILENCE

When have you found it hardest to be at your best authentic self, what were the conditions and context? What was silenced? What is inside you waiting to get out?

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CONNECTION

Connect with the message you have to share. Connect with the emotion, need or sensation you are trying to get across.

Listen to your body. If you feel stressed about talking, start by putting your hand on your belly and take a breath, change your posture, slow down and get present. Be in the here and now... what do you notice?

Connect to the person, make them feel special, heard and valued.

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THE CAUSE

What are your core values that are triggered? What problems matter to you? What problems do you want to help solve? What is the cause you care about, topics that you can not help talking about? What topics do you want to use your voice for?

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KEEP LEARNING

Get feedback, how do other people see you? What did they connect with? What is most believable and powerful about your story?

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A final note of encouragement - keep going, it might be hard to put yourself out there. It takes courage and vulnerability but the gift of being truly seen for who you are is priceless!

If you want to explore more you can join the Human Leadership Collective Community.
Or explore how you can work with us with a free chat

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