

Tool 5: Embodied Leadership

The invitation is to create an embodied reflection of the changes in your leadership since participating in WWDA LEAD. There are seven different reflections to this exercise. You do not have to complete all of them.

Reflection One: Thinking/Brain: explore the differences in how you **think about leadership** and how you **think about yourself as a leader** since participating in WWDA LEAD. Please also reflect on how WWDA LEAD did or didn't contribute to this change.



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Reflection Two: Seeing/Eyes: explore the differences in how you see the leadership of **DWGwD** since participating in WWDA LEAD. Please also reflect on how WWDA LEAD did or didn't contribute to this change.



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Reflection Three: Hearing/Ears: explore **what other people say about your leadership** since participating in WWDA LEAD. You could ask a couple of friends or peers to share some thoughts on the leadership they have seen you contributing. Reflect on what they share, and consider how WWDA LEAD did or didn't contribute to the things they have observed.



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Reflection Four: Speaking/Voice: reflect on any differences in how you speak to others, to help them to find their own expressions of leadership, since WWDA LEAD. Please also reflect on how WWDA LEAD did or didn't contribute to this change.



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Reflection Five: Feelings/Heart: explore how you **feel about yourself as a leader** since participating in WWDA LEAD. Please also reflect on how WWDA LEAD did or didn't contribute to this change.



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Reflection Six: Intuition/Gut: how much does your intuition contribute to your leadership, and what factors help you to pay attention to what it tells you. Did WWDA LEAD and being around other DWGwD contribute to you being able to notice what your intuition is telling you or acting on it?

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Reflection Seven: Doing/Hands: are there examples of your leadership in action since participating in WWDA LEAD that you can share? Please also reflect on how WWDA LEAD did or didn't contribute to this work.

