

## THE LEADERSHIP LAB: WOMEN IN LEADERSHIP GUIDED JOURNALING



WOMEN IN LEADERSHIP ARE NOT STRUGGLING BECAUSE THEY LACK CAPACITY OR COMMITMENT. MANY ARE NAVIGATING SYSTEMS THAT WERE NEVER DESIGNED WITH THEIR SUSTAINABILITY IN MIND. LEADERSHIP DEVELOPMENT MUST MAKE ROOM FOR HONESTY, BOUNDARIES, AND COLLECTIVE RESPONSIBILITY.

### *dive deeper*

WHERE AM I OVER-FUNCTIONING IN MY LEADERSHIP ROLE?

WHAT EXPECTATIONS AM I CARRYING THAT ARE NOT MINE TO HOLD?

WHERE DO I FEEL MOST VISIBLE — AND MOST INVISIBLE — IN MY ROLE?

WHAT SUPPORT WOULD MAKE MY LEADERSHIP MORE SUSTAINABLE?