

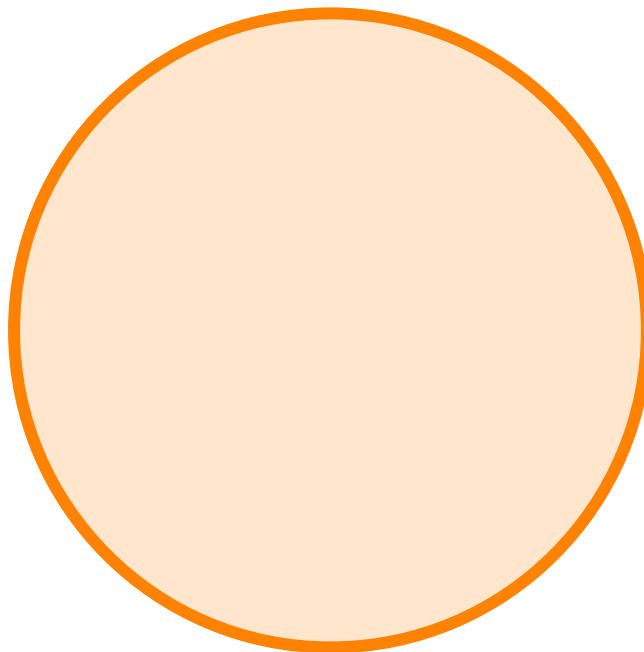
MGH Women in Leadership



**MGH Women in
Leadership Program**



What is your Comfort Zone?



Shift your Perspective of Your

Actions or roles outside of my comfort zone/areas of resistance

Example:
Asking for a meeting with a more senior leader to get their perspective on a project you are working on

Underlying assumption(s)?

Example:
They are not interested in talking with me. I am not good enough.

How can I REFRAME my assumptions?

Example:
I show good leadership because it shows I am curious and open for feedback and learning.

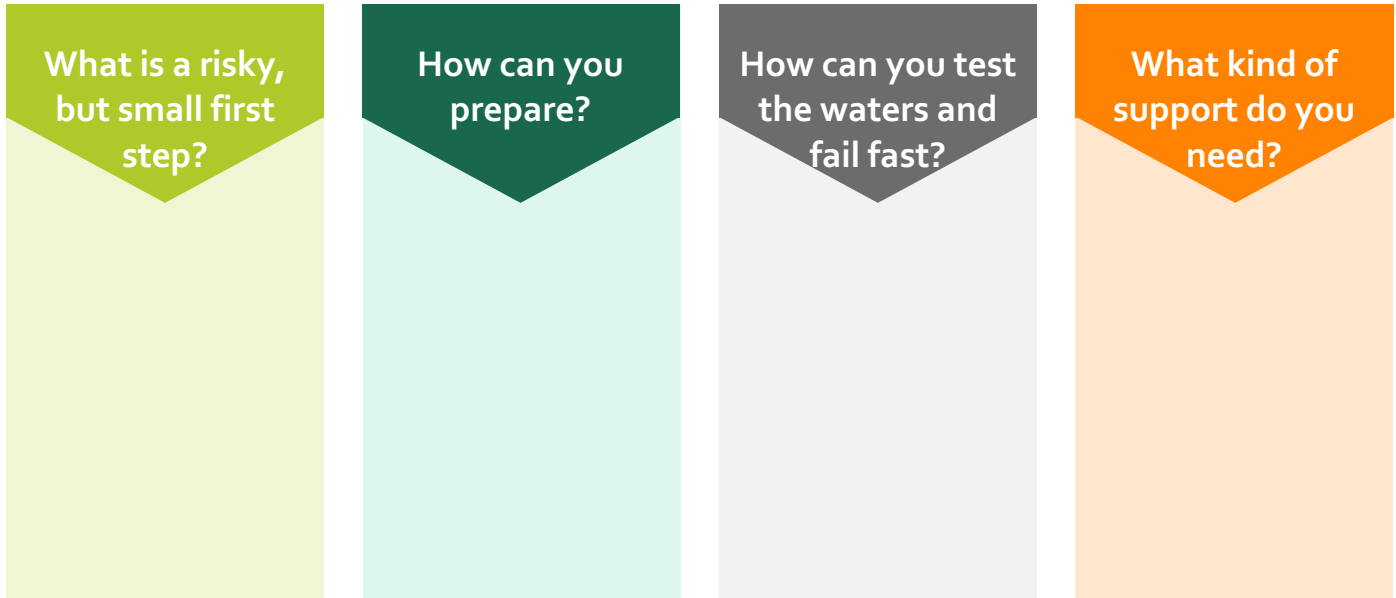
Action steps to shift my perspective of others

Three horizontal bars of varying shades of green, intended for writing action steps.



Shift your Leverage

What risk will you take?



Thought questions: what is the impact of the risk, what is holding you back, where do you notice discomfort, what are the best/worst case scenarios (and how do they compare), what assumptions are you making about taking this risk, how can you reframe, how can you apply a growth mindset to this challenge?

Reflecting on Your Journey



Shift your leverage: Action Planning

What do I need to do	Target date	How can I measure success?
1.		
2.		
3.		
4.		
5.		

Final Thoughts

I am proud of

.....

.....

Moving forward I am committed to

.....

.....

Congratulations!

