



How To Be A Better Leader

with Carol Kauffman

How do I become a Better Leader with the Move Framework?

Carol speaks about her MOVE Method that helps break default behaviors by identifying four common reactions: Lean In for action, Lean Back for analysis, Lean With for empathy, and Don't Lean for stepping away. Leaders who can break their defaults are more effective in handling stress and challenging times.

Top 3 Takeaways

Recognise Your Response to Challenges

Identify your typical reaction when facing stress or challenges by using the Move Method. Do you tend to take immediate action, focus on analysing data, show empathy, or maintain a neutral position? Knowing your default response can assist you in consciously adjusting to meet the situation.

Where Freedom Lies

Viktor Frankl emphasised the importance of the space between stimulus and response as a source of freedom. Overcoming default reactions and making conscious choices leads to growth and progress beyond repetitive patterns

Ask yourself - who do I need to be right now?

Don't Hold Back

Carol shares a valuable life lesson on seizing opportunities without hesitation. When you doubt your abilities or lack confidence in tackling something significant, remember not to hold back. Instead, focus on your strengths, embrace acceptance, and cultivate generosity through practice.

Learn More

Think



Next time you're stressed or face a challenge - ask yourself: Who do I need to be right now?

Read



Carol's book with David Noble - Real-Time Leadership: Find Your Winning Moves When the Stakes Are High



Act



Take Carol's quiz - Assess your Real-Time Leadership Agility and Potential.



Try emanating appreciation for someone else, it's a simple way to improve your work day.

Listen



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My Next Steps



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