

# Elevate Leadership Academy

## Leadership Competencies



### LEADING YOU

#### Emotional Intelligence

##### Skills:

- Increase Self-Awareness
- Improve Self-Management
- Heighten Social Awareness
- Manage Relationships

#### Personal Accountability

##### Skills:

- Think Critically
- Make Decisions
- Solve Problems
- Take Initiative
- Identify Priorities
- Execute on Priorities
- Lead Courageously

#### Growth Mindset

##### Skills:

- Prioritize Development
- Set and Attain Goals
- Develop Resilience
- Operate with Abundance Mindset
- Embrace Vulnerability

#### Personal Well-Being

##### Skills:

- Embrace Holistic Health
- Balance Work-Life Boundaries
- Manage Stress
- Seek and Utilize Resources

### LEADING OTHERS

#### Developing Individuals

##### Skills:

- Equip Through Delegation
- Provide and Receive Feedback
- Lead Coaching Conversations
- Offer Bigger Challenges

#### Communication

##### Skills:

- Listen Empathically
- Question Curiously
- Manage Conflict
- Lead Difficult Conversations
- Communicate Concisely
- Adapt Messages to Influence Audiences

#### Developing Teams

##### Skills:

- Lead Collaboratively
- Build Trust and Psychological Safety
- Embrace Diversity and Ensures Equity
- Foster Inclusion and Belonging
- Drive and Lead Through Change
- Achieve Team Goals

#### Team Well-Being

##### Skills:

- Model and Prioritize Well-Being
- Champion Work-Life Boundaries
- Manage Stress
- Connect Team to Resources