

⋮ TheLeadershipHabit

BEST SELLER



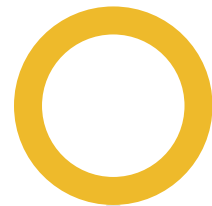
⋮ SKILLSGYM

“Complexity is your enemy. Any fool can make something complicated. It is hard to make something simple.”

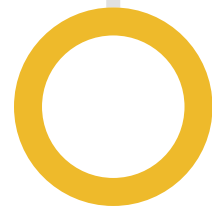
— Richard Branson



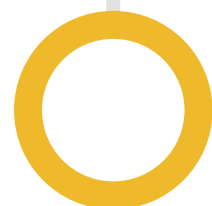
3 Steps to Leadership Mastery: The 1-3-3 Soft Skills Hack[©]



Focus on **1 skill**



Deconstruct the skill into **3 sub-skills**



Build 1 habit and have 1 conversation around each sub-skill, so that's **3 habits** and **3 conversations** in total

6 weeks



Building Superior Skills

One Habit and One conversation at a Time

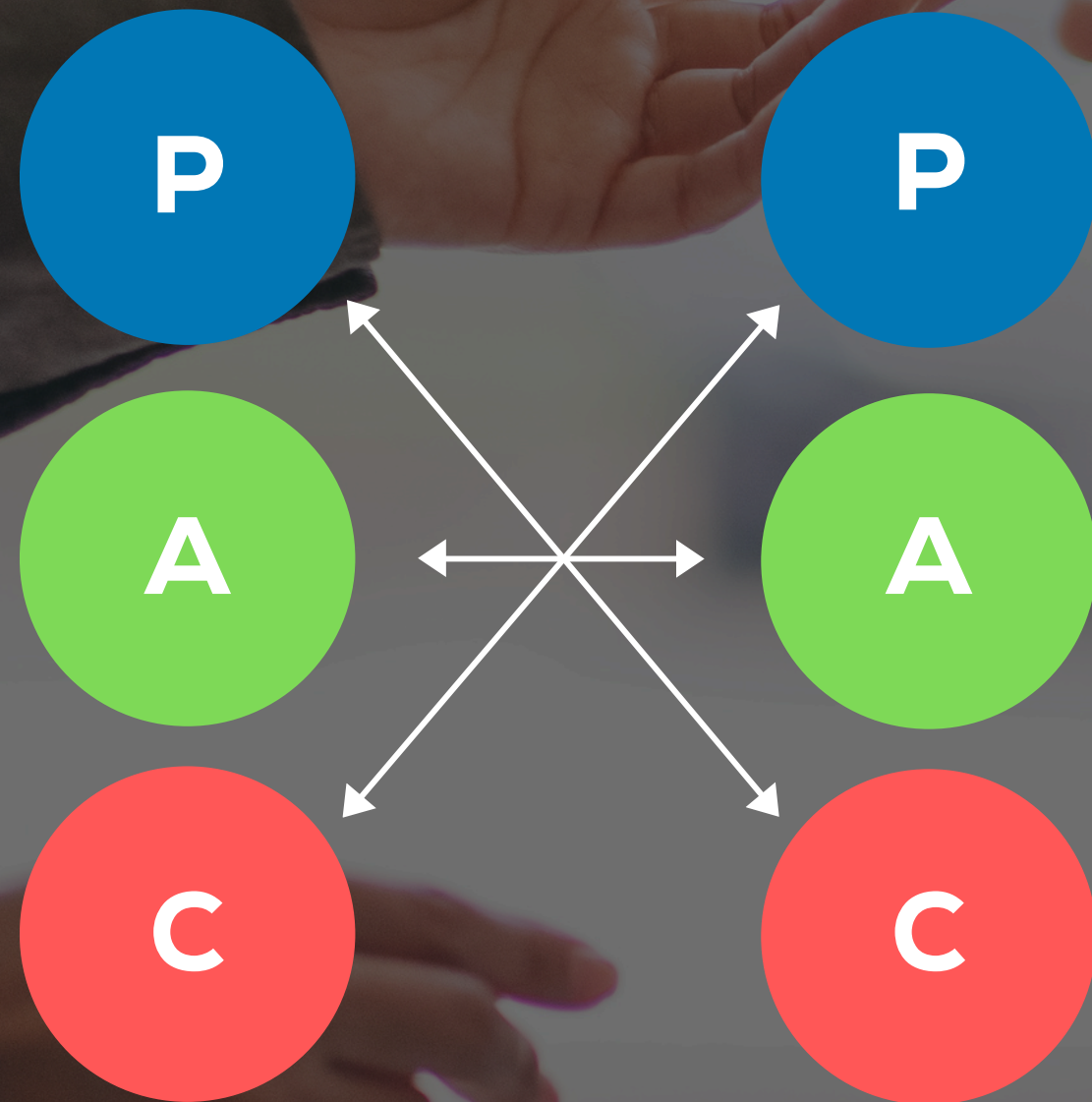




Meet Tom



Are you in the **parent**, **child**, or **adult** role?



“I will tell you what to do.”

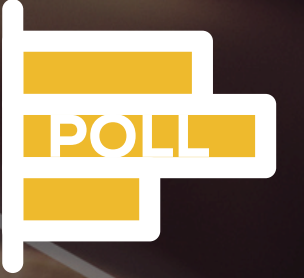
“Let's both do our part.”

“Please tell me what to do.”

Do the 'Adult Communication' test!

- 1 Your **language** (no hedging, blaming, attacking)
- 2 **Content** (is this really something you should be focusing on?)
- 3 **Intention** (are you avoiding, people-pleasing, micro-managing...?)

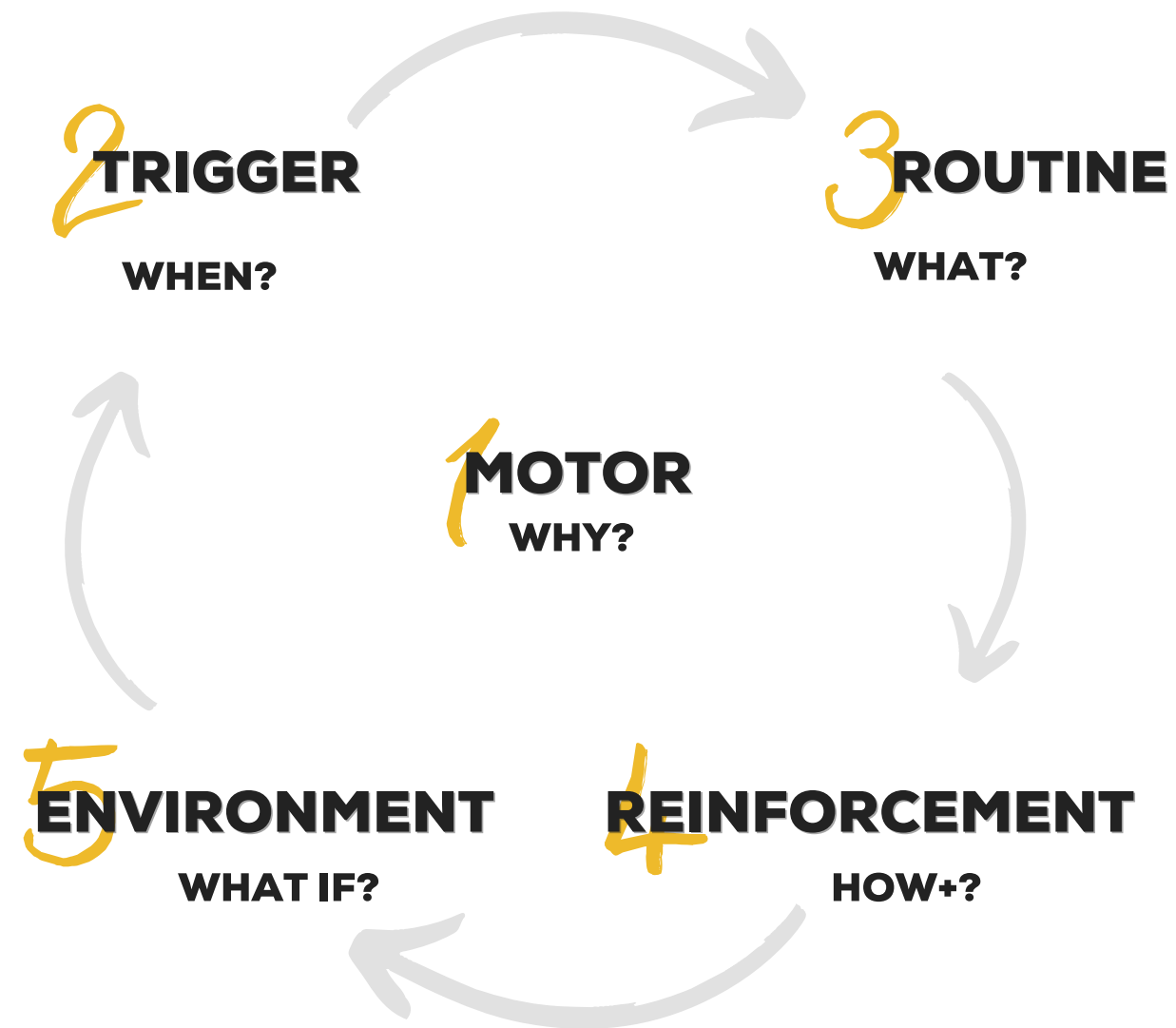
What's your tendency?



☐ Parent

☐ Child

5 simple questions to effective **habit design**



The SkillsGym Habit Loop ©



::: TheLeadershipHabit

BEST SELLER



::: SKILLSGYM

FREE

Discover the Perfect Skill
Program for You or Your Team.

Leading Self

emotional intelligence
finding your purpose
growth mindset

Leading Others

managing change
influencing and convincing
accountability

Leading Teams

building high-performing teams
situational leadership
psychological safety

Leading Health

good posture
managing stress and energy
the power of breathwork

Leading Growth

coaching
delegating
meaningful conversations

Leading Strategy

leading with vision
goal-setting
check-in conversations

BONUS GIFT

Leading Feedback

asking for and receiving feedback
feedback culture
giving feedback

Leading Conversations

communicate with impact
non-violent communication
conflict for the better