

This Module 2 Reflection Guide is meant to support how you're integrating what we explored around communication, collaboration, facilitation, and delegation.

Like Module 1, this is for you. It does not need to be submitted.

The goal is continued self-awareness, and now, self-regulation and relational leadership, as you grow your leadership practice.

Be honest. Be curious. Notice without judgment.

1. Communication as Leadership

(Emotional Intelligence & Active Listening)

- When do you feel most emotionally regulated in professional settings?
 - When do you feel most reactive?
 - What emotions are hardest for you to manage when leading others?
 - In conversations, do you tend to listen to understand — or listen to respond?
 - Where could slowing down your listening change the outcome of a conversation?
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2. Collaboration as Leadership

(Shared Leadership, Feedback, Conflict Resolution)

- Where have you recently seen leadership shift to someone else's expertise?
 - How did that feel — empowering, uncomfortable, relieving?
 - When you give feedback, what is your intention?
 - When you receive feedback, what is your first internal reaction?
 - In moments of conflict, what is your instinct: avoid, accommodate, compete, compromise, collaborate?
 - What would it look like to stay steady instead of reactive during disagreement?
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3. Facilitation: Holding the Space

- When you are in group settings, do you tend to take charge, hold back, or observe?
 - What does it mean to “facilitate” rather than control?
 - How comfortable are you inviting quieter voices into the conversation?
 - Where might your leadership grow by focusing less on speaking and more on structuring dialogue?
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4. Delegation: Trust in Action

- What makes delegation difficult for you (trust, time, perfectionism, unclear expectations)?
 - When you delegate well, what changes in the team dynamic?
 - Do you see delegation as offloading work — or developing others?
 - What is one responsibility you could delegate more intentionally this month?
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5. Integration: Connecting the Dots

Communication. Collaboration. Facilitation. Delegation.

- Where do these overlap in your leadership practice?
 - Which competency feels strongest right now?
 - Which feels like it needs strengthening?
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6. A Grounded Check-In

If it feels helpful, complete one of these:

- When I communicate under stress, I tend to...
 - Collaboration feels most effective when...
 - Feedback challenges me because...
 - The kind of leader I want to be in conflict is...
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Leadership is not about being louder.

It is about being clearer, steadier, and more intentional.