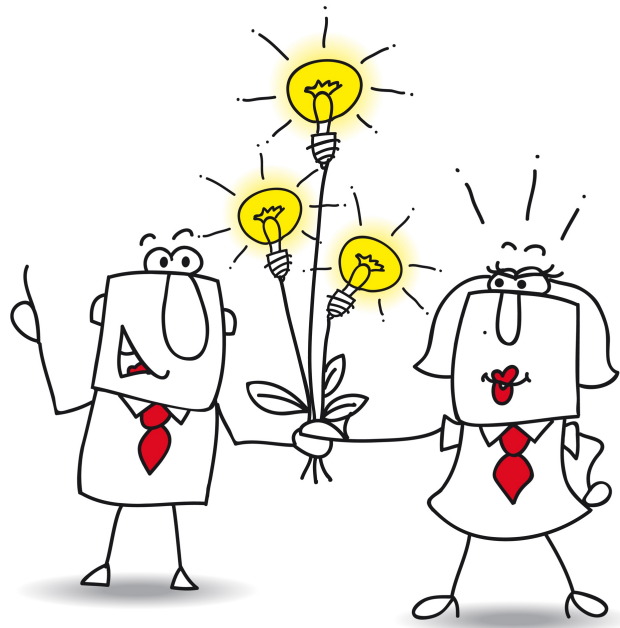


PLAYBOOK

This belongs to _____



humility noun: having a modest or low view of one's importance.

Activity sheets that help you design ways to lead with humility.



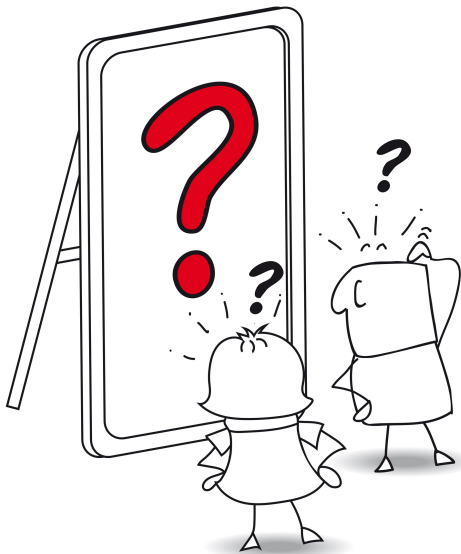
HUMILITY

HUMILITY OR HUMILIATION?

BEING HUMBLLED

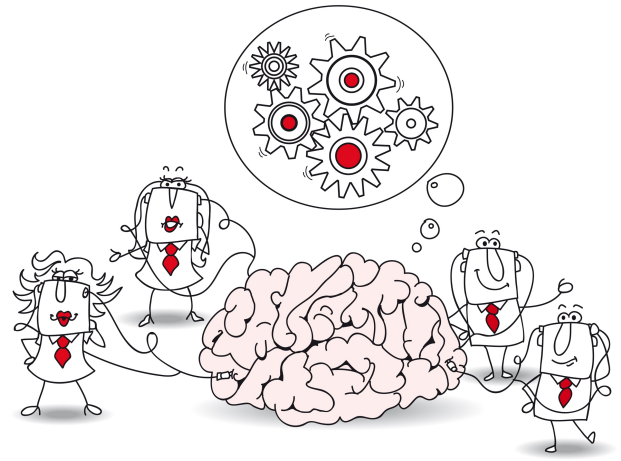
BEING HUMILITATED

What's a work-world with humility like?



**"Humility is not thinking less of yourself,
it's thinking of yourself less."**

C S Lewis



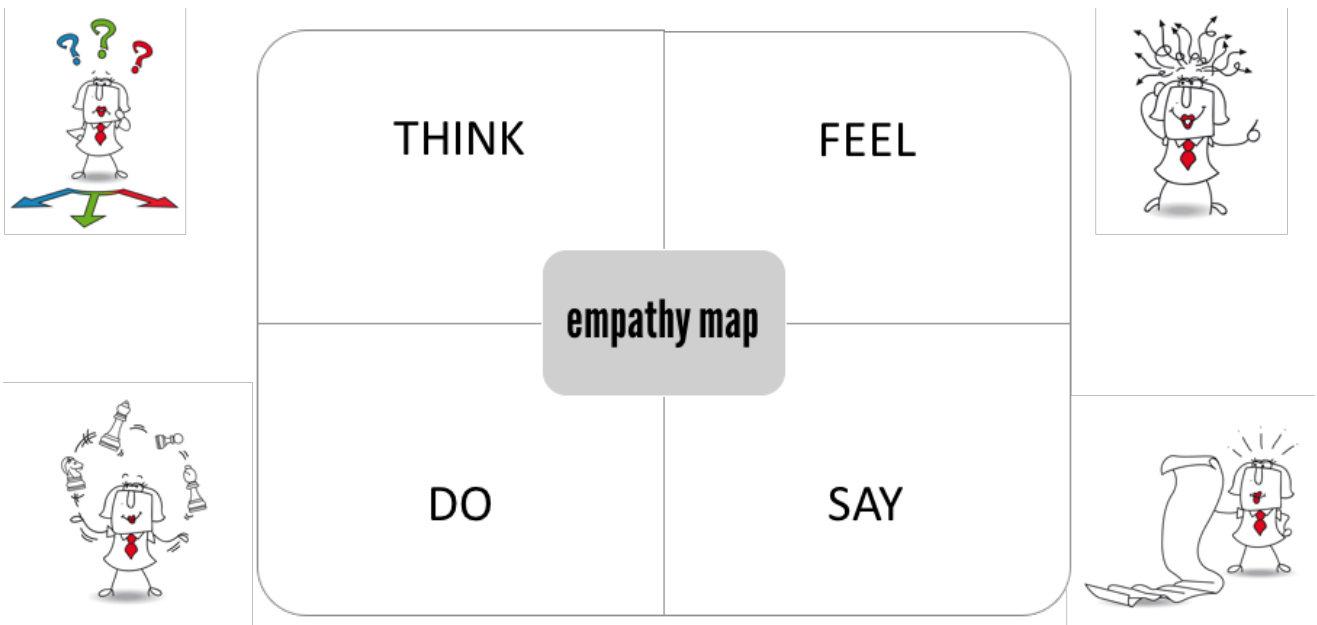
BEING HUMAN

Connecting with others at a human level means tapping into what people are thinking, what they are saying, what they are doing and how they are responding to situations, people and topics.

We are naturally wired to seek approval, control and security with an automatic bias towards protecting ourselves and seeing the negative in any situation. Under stress, it's human nature to invoke our "fight, flight, freeze or appease" response.

To be critical, creative and empathetic thinkers we need to develop high levels of emotional intelligence.

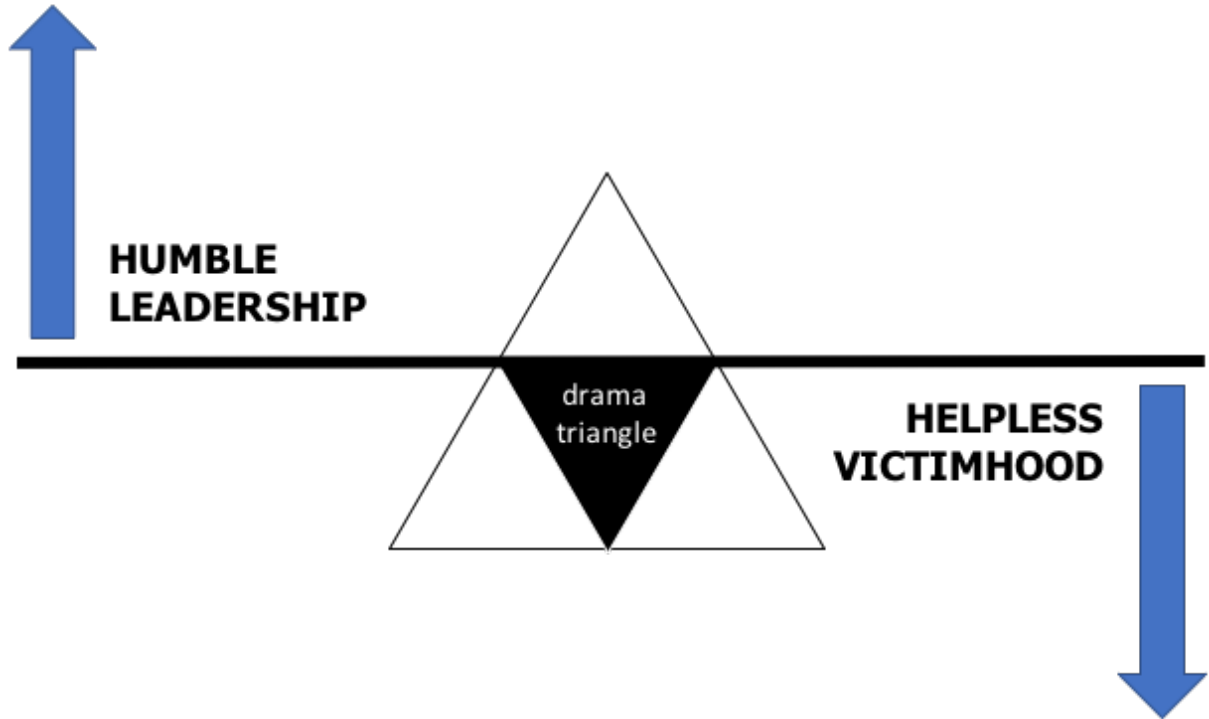
Leading with humility focuses us to think about others and connect with a meaningful purpose that is bigger than ourselves.





HUMILITY

PERSONAL LEADERSHIP

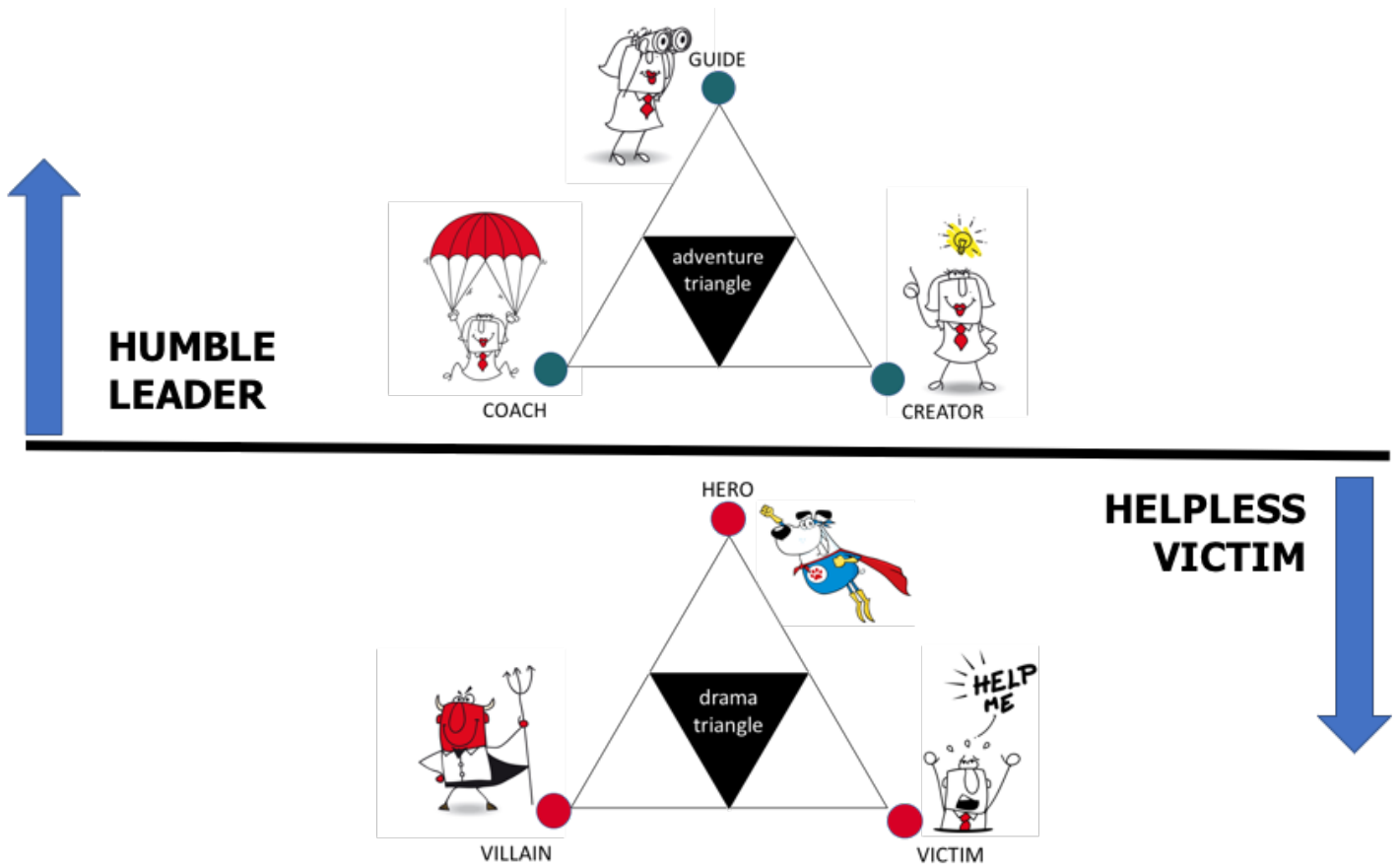


How are you being?



HUMILITY

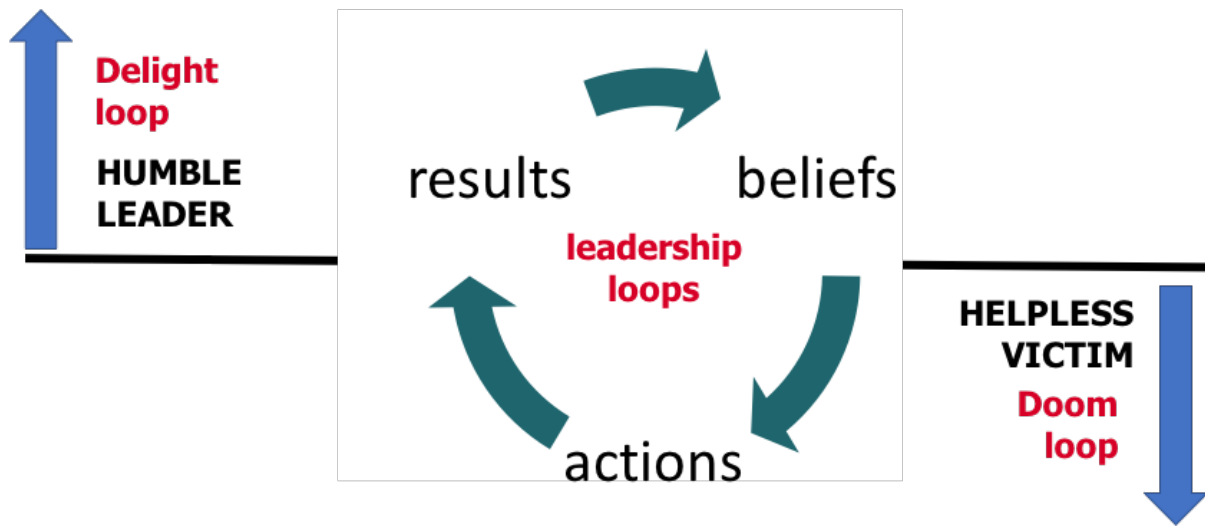
WHAT LEADERSHIP ROLE ARE YOU PLAYING?





HUMILITY

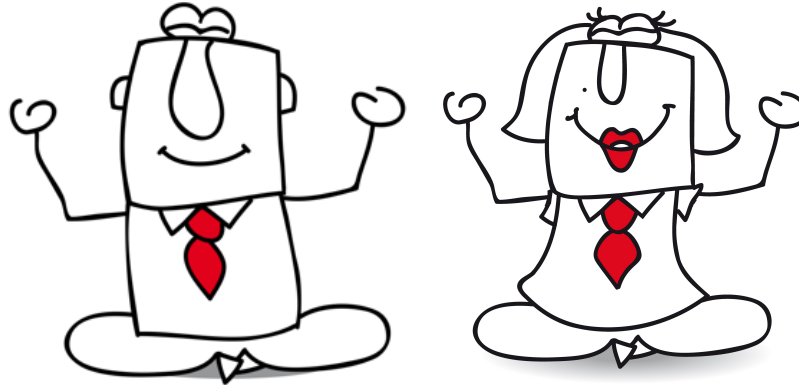
LEADERSHIP LOOPS



What learning loops does your leadership create?



QUIET LEADERSHIP



Quiet Leaders:

- Are present in the moment
- Are purposeful
- Are trusting
- Guide and coach others
- Inspire for motivation and action
- Improvise and are agile.

Which of the quiet leadership skills do you need to develop most?

What's a new habit you can create to practice this quiet leadership skills?



HUMILITY

Quick guide to coaching: connect, ask, listen and learn

- ? What's on your mind?
- ? What else?
- ? What's the real challenge here for you?
- ? So, what do you want from this?
- ? How are you going to get that?
- ? What's the first step you will take?
- ? What's been most useful from this conversation?

Recommended reading:

[Quiet Leadership](#) – help people think better, don't tell them what to do: David Rock

[The Coaching Habit](#) – say less, ask more and change the way you lead forever: Michael Bungay Stanier

[Humble Inquiry](#): The Gentle Art of Asking Instead of Telling: Edgar H Schein

[Guide to Dealing with Conflict in the Workplace](#): Amy Gallo

[Mastering Civility](#): A Manifesto for the Workplace: Christine Porath

[How intellectual humility can make you a better person](#): Cindy Lamothe

[Beat Generosity Burnout](#): Adam Grant and Reb Rebele

[Give and Take](#): Adam Grant

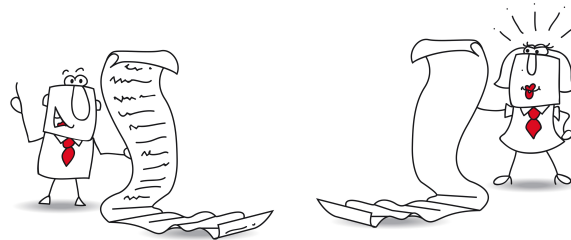
[Humility is the New Smart: Rethinking Human Excellence in the Smart Machine Age](#): Edward D Hess and Katherine Ludwig

Any fictional novels, especially Jane Austen!



HUMILITY

YOUR QUIET LEADERSHIP PLAN



- 1. Know your humanness**
- 2. Be curious, listen deeply and keep learning**
- 3. Be on a quest to work as WE, not ME.**

| START THINKING | STOP THINKING | CHANGE THINKING |
|-----------------------|----------------------|------------------------|
| | | |
| START DOING | STOP DOING | CHANGE DOING |
| | | |
| START REACTING | STOP REACTING | CHANGE REACTION |
| | | |



@gapingvoid

START WHERE YOU ARE AT

Write down 3 things you are going to do differently. Use this format.

I will {what - stop, start, change}

When

By {how}

Because {why}

| | Humanness | Curiosity | Quest |
|------|-----------|-----------|-------|
| What | | | |
| When | | | |
| How | | | |
| Why | | | |

If you can do this now, if not at the first opportunity you have, schedule your LX into your diary. Either as a new activity or as part of an existing activity you already have planned.