

Power Up Your Mindset, Supercharge Your Impact!

3 Strategies that Change Everything

Carrie Vanston

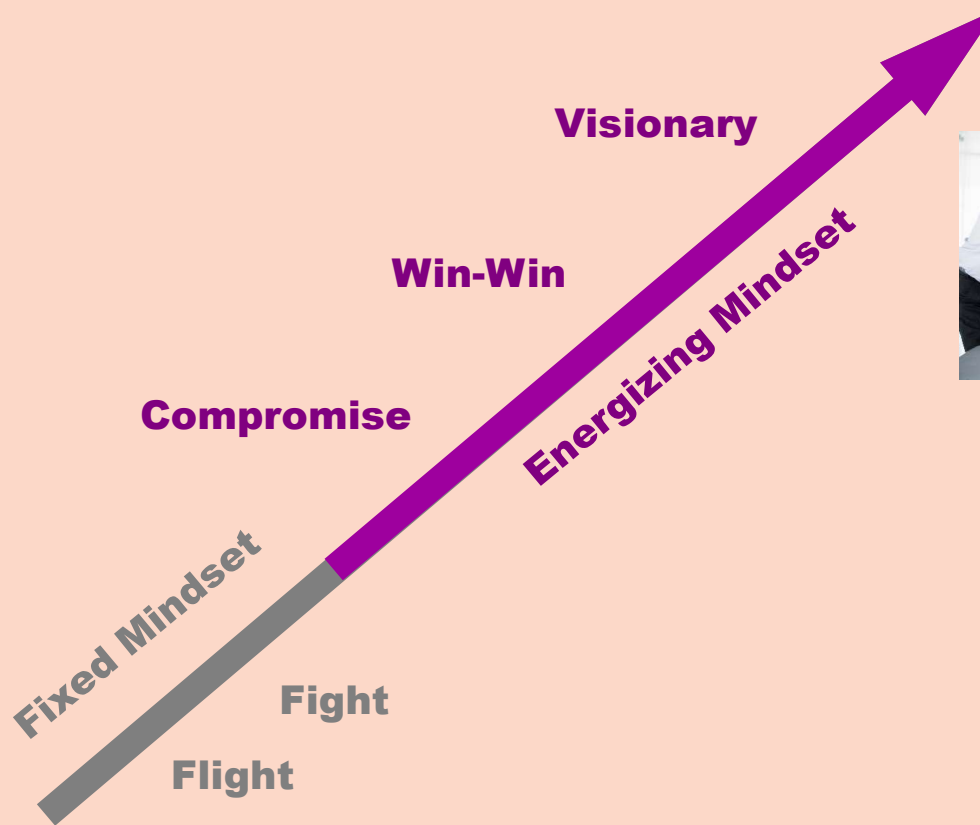


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**Leadership
Mindset
Success ✓**

July 13, 2023

Energized Leadership Mindset



3 Strategies for Powering Up Your Mindset and Supercharging Your Impact!

Strategy #1:

Shift Your Core Thought to the Positive

Strategy #2:

Communicate for True Win-Win

Strategy #3:

Inspire Others by Clarifying Your Whys

Carrie Vanston's
Energize Your Leadership Mindset!

A Proven Heart-Centered System for Sustainable Success



My Gift to You:

**Executive Leadership
Assessment**

www.Executive-Leadership-Assessment.com

What is a Challenge You're Having Right Now

Strategy #1

**Shift Your Core
Thought to the
Positive**



Chris

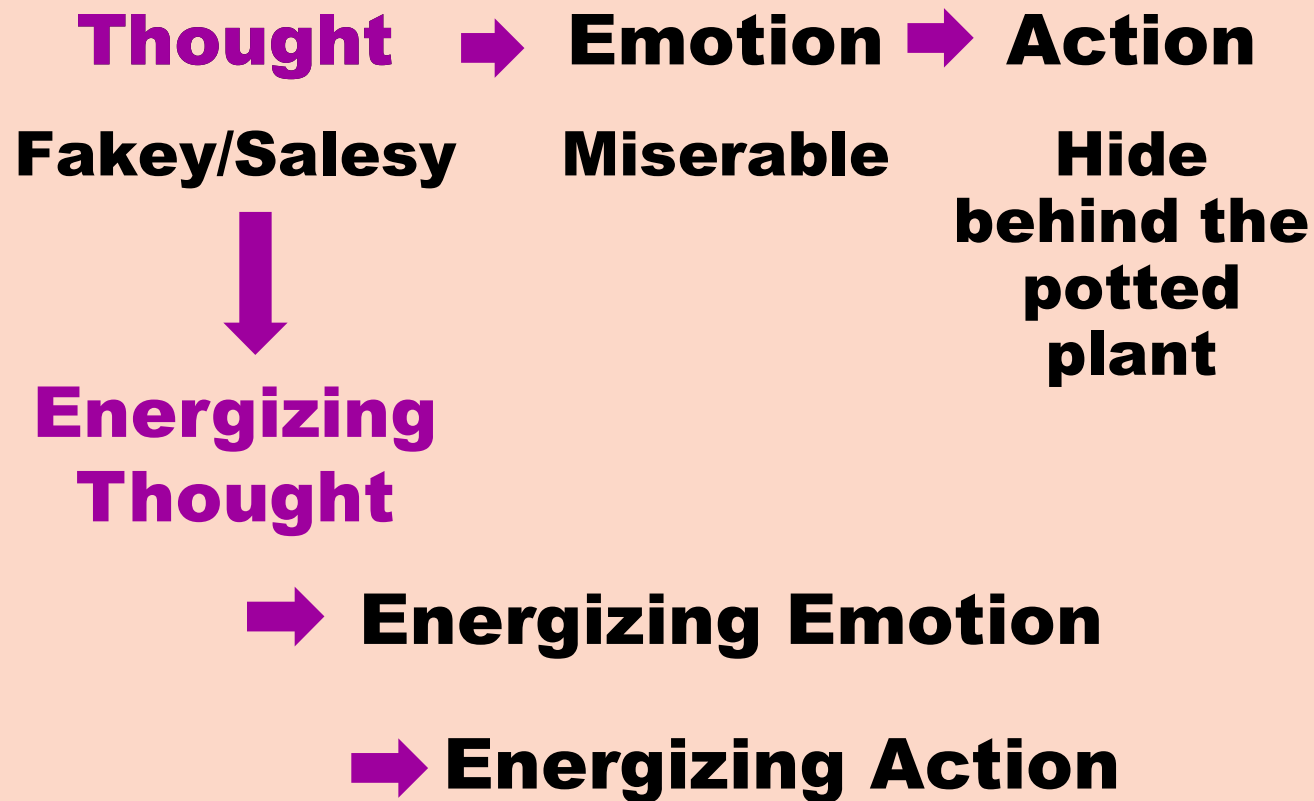
Thought → Emotion → Action



**Energizing
Thought**

→ Energizing Emotion

→ Energizing Action



Past Strengths in a similar situation

**Your Resilience,
Fortitude,
Sense of Humor,
Warmth,
Fast Thinker, etc.**

Your Value in the situation

**Your Education,
Knowledge,
Expertise,
Experience, etc.**

Your Goals

**Be Specific &
Accountable**

Strategy #1

**Shift Your Core
Thought to the
Positive**

Exercise 1

Change Your Mindset Toward Your Challenge

- **What Past Strengths do you bring?**
- **What Value do you bring?**
- **Set Goals**

Energize Your Mindset With:

Past Personal Strength

- **Persistent**
- **Empathy**
- **Enthusiastic**
- **Trustworthy**
- **Creative**
- **Disciplined**
- **Patient**
- **Respectful**
- **Determined**
- **Sense of Humor**
- **Kindness**
- **Dedicated**

Value in Situation

- **Education**
- **Expertise**
- **Experience**
- **Knowledge**
- **Workshops**
- **Events**
- **School of Hard Knocks**

Goals

- **How many?**
- **How much?**
- **When?**
- **What?**
- **Who?**

Strategy #1

**Shift Your Core
Thought to the
Positive**

Strategy #2

Communicate for True Win-Win

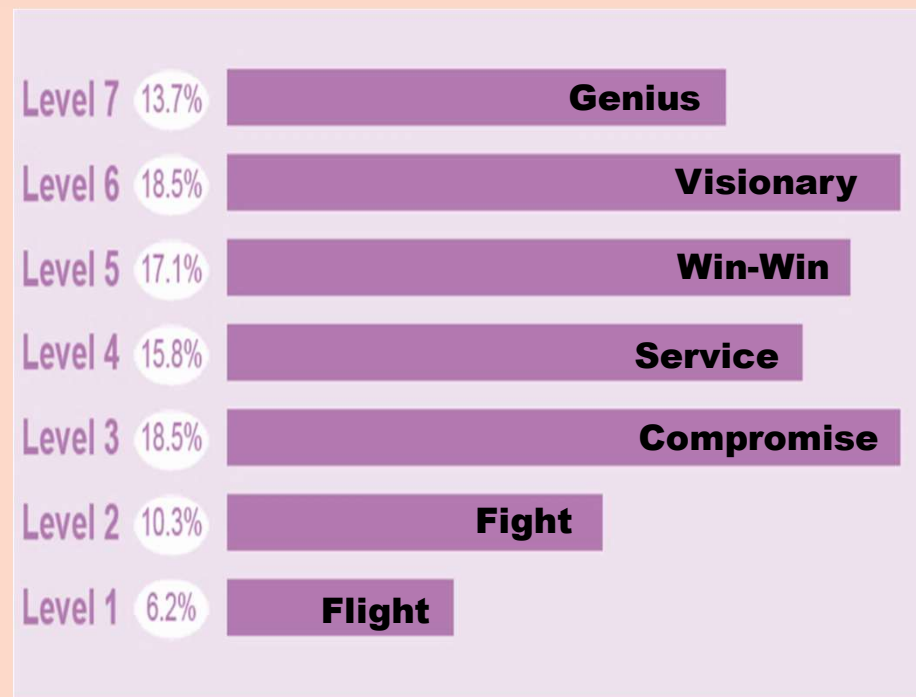


Jeff

Energized Leadership Mindset



Jeff's Energy Leadership Index Assessment



Be Curious

Ask Open Ended Questions

Listen Intuitively

Strategy #2

Communicate for True Win-Win

Exercise 2

Communicate for True Win-Win

Be Curious

Ask Open-Ended Questions

Listen Intuitively

**What are 3 questions you can ask
the other person(s) to encourage
Win-Win with your challenge?**

Strategy #1
Shift Your Core Thought to the Positive

Strategy #2
Communicate for True Win-Win

Strategy #3

Inspire Others by Clarifying Your Whys



**Your
Whys**

Inspire



Support

**Your
What**



Rachel

Passion



Uniqueness

Impact

Strategy #3

Inspire Others by Clarifying Your Whys



Rachel's Whys

Passion: Wildlife

Uniqueness: Protecting wildlife is important to human wellbeing as well

Impact: More wildlife support and more nature to enjoy

My Whys

Passion: Help leaders energize their mindset for more success and fulfillment

**Uniqueness:
Innovation/Culture/Leadership Mindset
Combination**

Impact: Creating successful, sustainable organizations

Exercise 3

Inspire Others by Clarifying Your Whys

- **Why are you **Passionate** about what you're doing?**
- **Why is it **Unique**?**
- **Why do you think it will make an **Impact**?**

Strategy #3

Inspire Others by Clarifying Your Whys



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