



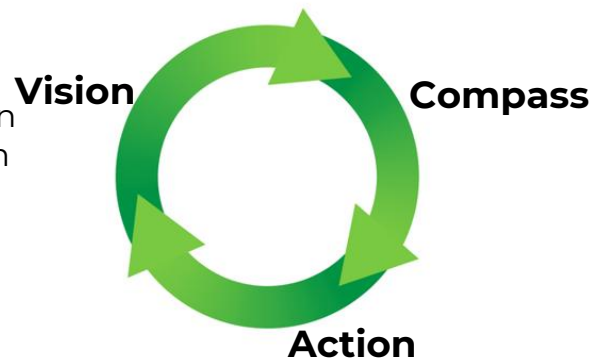
# Activate the Power Within Potential, Performance, and Your Inner Compass

with Amy Andrews McMaster

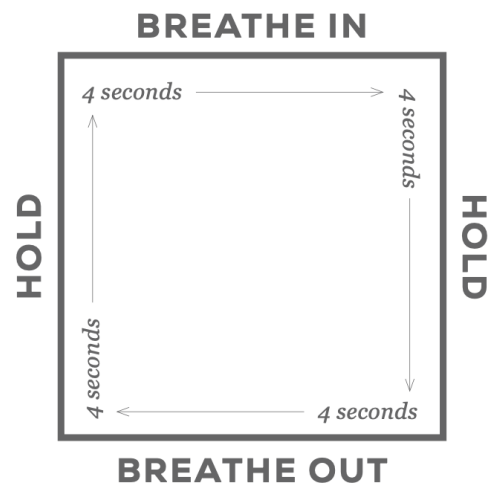
*Print this handout or download the document and then use the text boxes to type notes.*

## I. Activate

- A. Vision: our ability to think about or plan the future with imagination or wisdom
- B. (Inner) Compass: a metaphor for our ability to navigate life's complexities as we stay aligned with our values and truth
- C. Action: the purposeful steps we take to bring our vision into reality



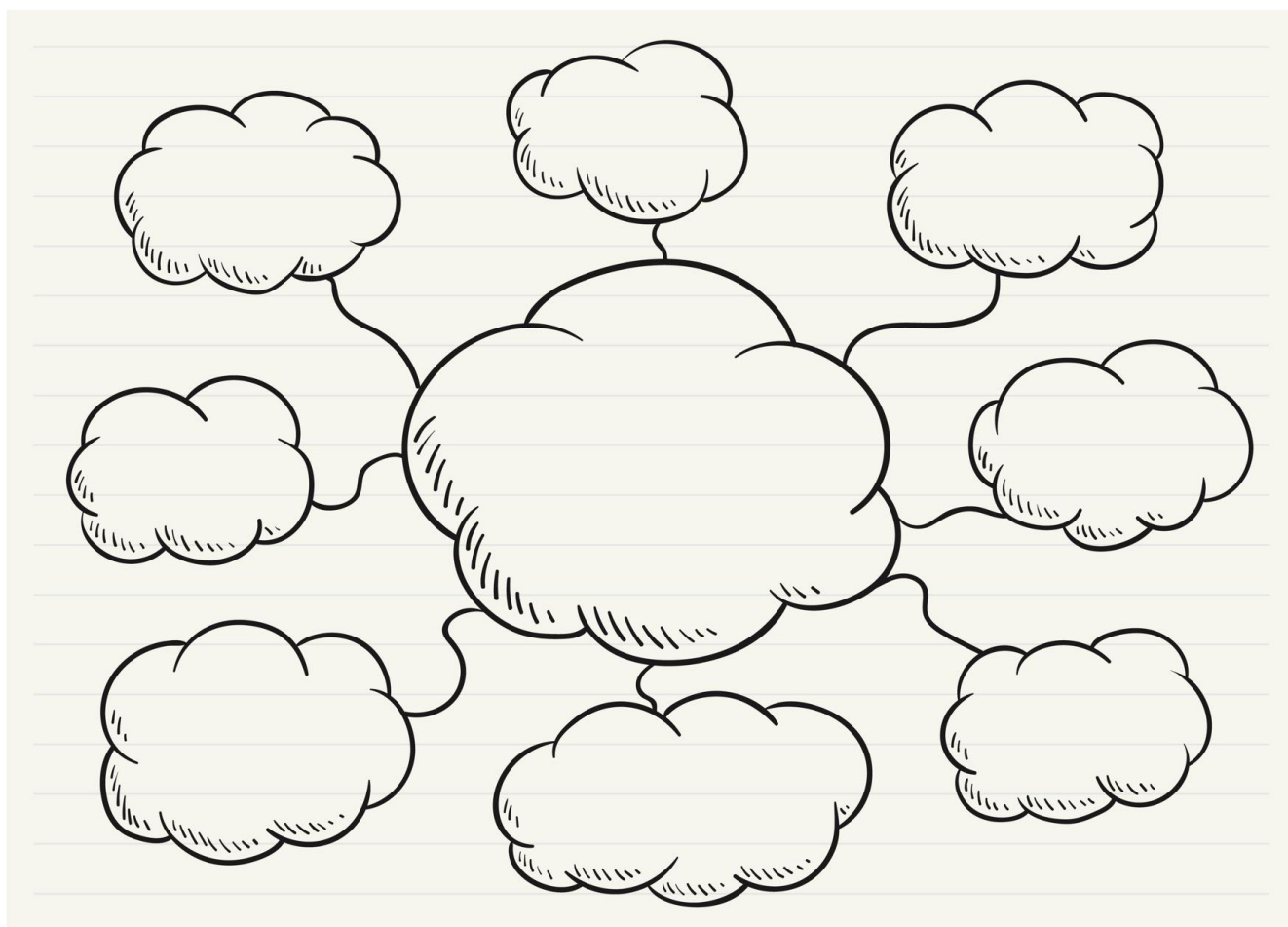
## II. Take time to savor your wins



### III. Vision

A. When you think about your future, what do you want?

B. Why is this important to you?



#### IV. Activate your inner compass: the 8 C's

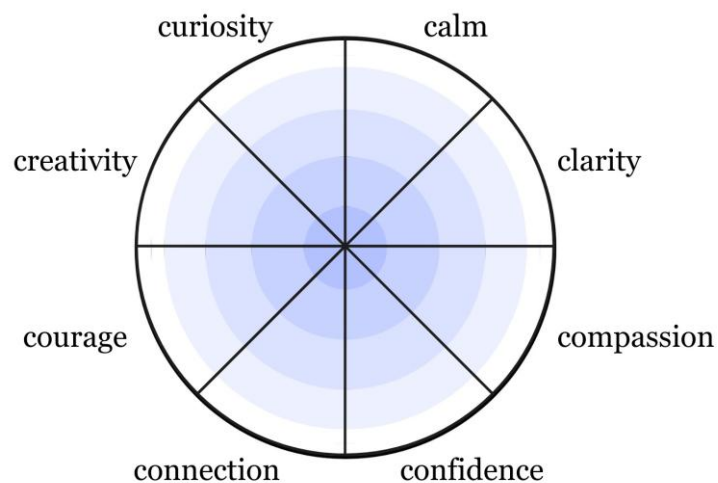
- A. Curiosity
- B. Connection
- C. Courage
- D. Confidence
- E. Creativity
- F. Calm
- G. Clarity
- H. Compassion



8Cs of Self, Richard C. Schwartz, Ph.D.

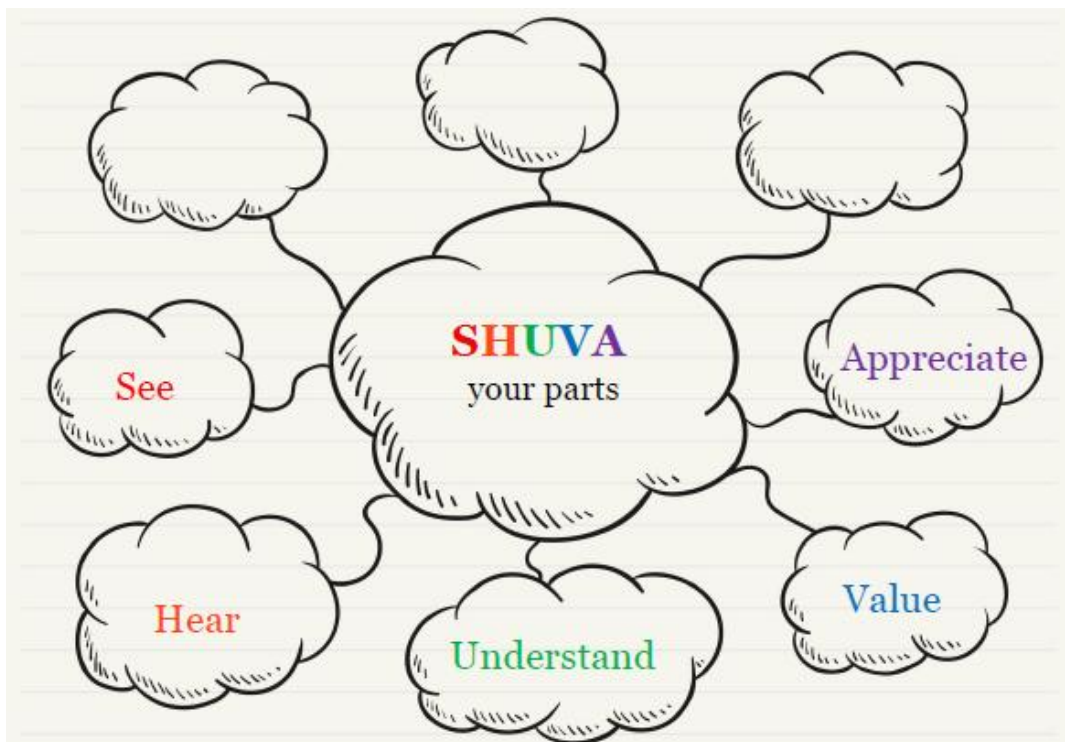
#### V. Reflection

- A. Curiosity
- B. Connection
- C. Courage
- D. Confidence
- E. Creativity
- F. Calm
- G. Clarity
- H. Compassion



## VI. Your compass

- A. Strengthens your emotional intelligence. My emotions are important data about me.
- B. Helps you build resilience and self-trust. I can tolerate and work through distress.
- C. Allows you to see multiple perspectives at once. Two things can be true at the same time.



## VII. Self-leadership

- A. "Self-trust is the first secret of success." Ralph Waldo Emerson

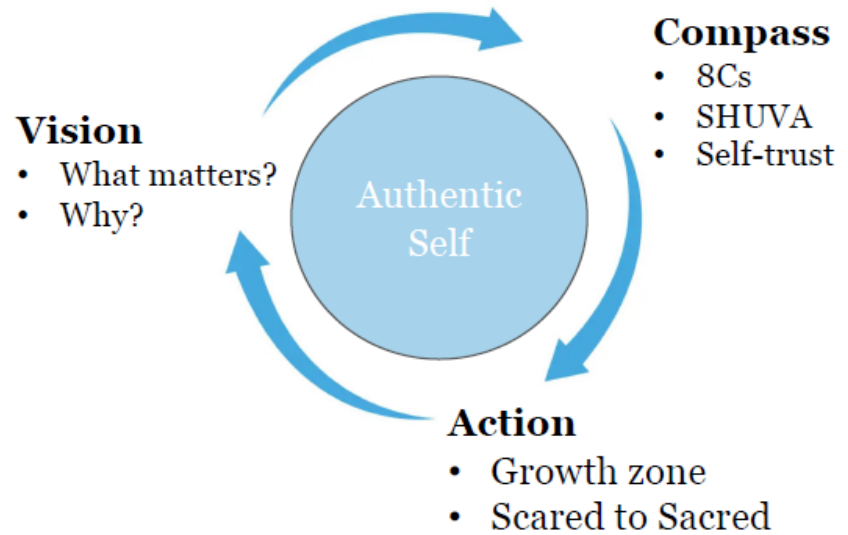
## VIII. Action

### A. Growth and comfort do not coexist



*Image Credit-MVA International*

## IX. Authentic self



## X. The five behaviors of a cohesive team

- A. Trust
- B. Productive conflict
- C. Commitment
- D. Accountability
- E. Results



## Instructor Bio

**Amy Andrews McMaster**, founder of Chief Soul Officer, has a true passion for human connection and excellence. She has dedicated her life and career to learning and development in the areas of leadership and culture change. She helps leaders live into their values, harness strengths to overcome challenges, hold people accountable with empathy, update patterns that no longer serve, and sustain alignment and inspiration. She is a certified Dare to Lead Facilitator and Professional Certified Coach with the International Coaching Federation. She has partnered with organizations such as Phagans' Cosmetology Colleges, the Leeds School of Business at the University of Colorado Boulder, Whole Foods Market, JP Morgan Chase, Rocky Mountain Human Services, DIRECTV, Women in Transportation, Paycom, Amazon Web Services, and numerous school districts, nationally and internationally. Learn more at [Chief Soul Officer](https://www.chiefsoul.com).