

# THE BALANCED BRAIN LEADERSHIP TOOLKIT

A SELF GUIDED JOURNEY INTO YOUR LEADERSHIP IMPACT  
USING YOUR *WHOLE* BRAIN

## **How to Use This Toolkit**

### **Why Pause and Reflect?**

Leadership today moves fast. Decisions are constant. Priorities shift. Expectations grow. In that environment, it's easy to focus only on what's next and lose sight of how you are showing up.

Pausing to reflect is not about slowing down. It's about increasing clarity. Leaders who reflect make more intentional decisions, recognize patterns earlier, and build stronger teams.

### **Why Work with Images?**

Images activate a different kind of thinking. They help surface emotion, intuition, and perspective — allowing you to notice what you might otherwise miss.

There is no right image to choose. The value is in what the image represents for you in this moment.

### **How to Work Through Each Section**

1. Review the images at the top of the page.
2. Select the one that draws your attention first.
3. Reflect using the questions provided.
4. Respond honestly.
5. Capture key insights.
6. Journal what first comes to mind. Spend no more than 20 minutes answering questions in this toolkit.

As you reflect, you may notice patterns in how your team works, communicates, and makes decisions. These insights often become the starting point for stronger collaboration and shared growth.

Individual awareness builds clarity. Shared awareness builds capability.

# Who Am I as a Leader Right Now?

Select an image that represents a visual description of your answer to the question.



Image 1

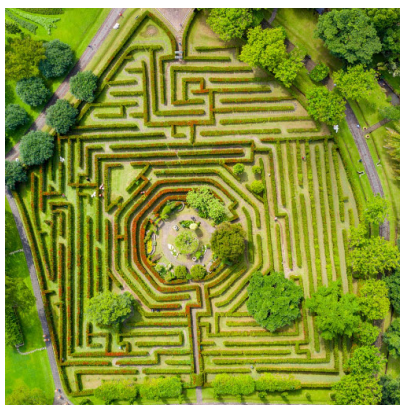


Image 2



Image 3



1. What first drew me to this image?

2. What emotion does this image bring up for me?

3. How does this connect to how I am showing up at work right now?

4. What part of this image reflects my current leadership reality?

5. What does this image reveal about my priorities today?

# How Am I Impacting My Team?

Select an image that represents a visual description of your answer to the question.



Image 1

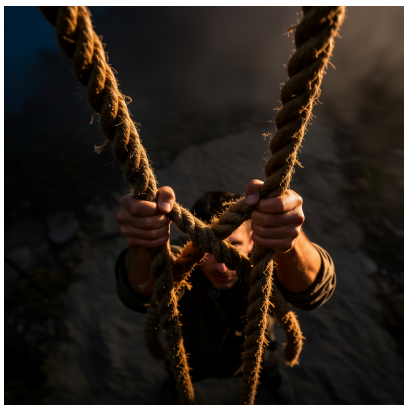
☐


Image 2

☐


Image 3

☐

1. What does this image say about how my team currently works together?

2. Who feels visible here? Who feels missing?

3. What role do I play in what's happening in this image?

4. Where do I see alignment? Where do I see tension?

5. How might my behaviors be reinforcing this dynamic?

# What's Beneath the Surface?

Select an image that represents a visual description of your answer to the question.

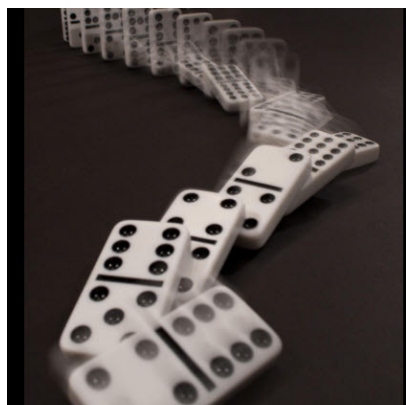


Image 1



Image 2



Image 3



1. What is visible in this image? What feels hidden?

2. What conversations might my team be avoiding?

3. What risks or opportunities exist beneath the surface right now?

4. How comfortable am I addressing these realities?

5. How do I envision supporting the team?



# From Me to We: Strengthening the Team

Select an image that represents a visual description of your answer to the question.

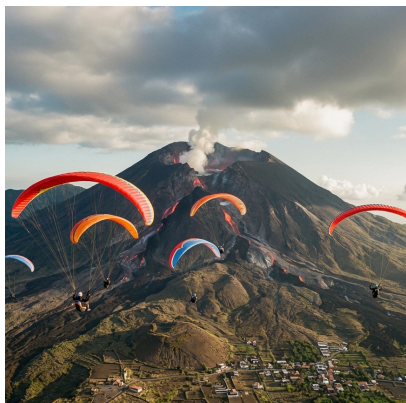


Image 1



Image 2

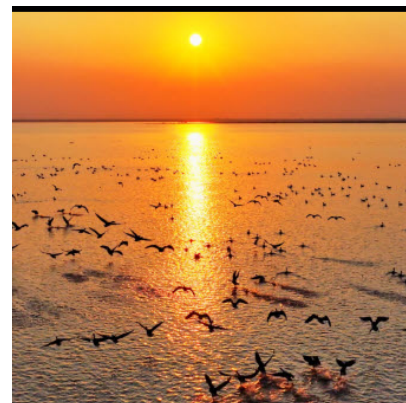


Image 3



1. What does this image suggest about how the team is working together?

2. What conditions are present here that my team needs more of?

3. Who needs to be more connected for this to work?

4. What would need to change to move this in the right direction?

5. What is one action I can take in the next 24 hours?

# Final Reflection & Integration

1. What pattern do I see across the images I selected?

2. What insight surprised me most?

3. What feels most important to address now?

4. What would shift if my team reflected on this together?

5. What is my next step as a leader?

**If you and your team are ready to turn insight into measurable performance and strengthen team dynamics, we invite you to take the next step through a facilitated, interactive workshop.**

**Contact us below or click the button to schedule a consultation.**

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