



MOSAIC
COACHING SOLUTIONS

all the pieces creating a whole

Rooted So You Can Rise: Practical Leadership Reflections for Sustained Performance

Educational Resource for Continuing Legal Education (CLE)

This document supports reflection and practical application in leadership, resilience, and professional effectiveness.

Leading from Values and Purpose

- What matters most to me right now?
- Where am I in alignment and where am I not?
- What am I tolerating that no longer fits?
- What would it look like to lead from clarity instead of pressure?
- What is the cost of staying misaligned?

Values guide decision making. Purpose reflects how those values are expressed in action.

Boundaries and Energy Management for High Performing Professionals

Clarity before capacity.

- Where am I over functioning?
- What am I saying yes to that requires a no?

Examples of boundary language:

- This is not where I am best used right now.
- I am not able to take that on.
- Let us revisit priorities before I commit.

Not every request requires acceptance. Thoughtful prioritization supports sustained performance.

Micro Practices for Grounded Leadership

60 second reset:

- What matters here?
- Who do I want to be in this moment?

In moments of tension:

- Name what is true internally before responding externally

Grounded leadership emphasizes awareness, intentionality, and choice over reactivity.

Reflection: Stop Start Continue

STOP: What is draining energy or creating misalignment?

START: What would support clarity, focus, or alignment?

CONTINUE: What is working that supports effectiveness and sustainability?

Additional Information

For follow-up or additional resources:

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