

An exercise designed to help you start to surface some points to bring to a coaching conversation. Your authentic leadership starts with you and where you are in the world of your life.



Draw...your world

Grab the materials you need & find yourself some quiet space where you will be undisturbed for 20 minutes.

There is no right or wrong for this exercise and you can do this whatever your level of drawing.

Before you start I want you to fully connect with where you are in your life. Close your eyes and bring the images forward of who is important to you and what gives you energy at home and at work. Capture these images and thoughts on your paper.

Now think about the areas of your life where you are less satisfied, perhaps people or activities that drain you. Capture these images and thoughts on your paper.

Look at your drawing, does this represent your world at the moment? If there is anything missing, add it now.

Ask yourself these three questions:

1. What do you like about your creation?
2. What's trying to emerge?
3. What else do you notice about what you have drawn or the feelings & thoughts that arose as you made your drawing?

What you need...

- An A3 or larger piece of paper
- Some coloured pens
- 20 mins of time

To share the questions and thoughts this has raised for you and how this relates to your authentic leadership, contact Felicity at info@bendtheriver.org or call on 07900 255380