

YOUR LEADERSHIP BLUEPRINT

Practical Leadership Tools - In Less Time



An LIA Leadership In Action Program

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Excellence is a Habit

INTRODUCTION

Leadership Is a Daily Decision

Leadership isn't a title. It isn't a job description. It's a daily decision to show up with clarity, consistency, and courage.

At LIA Training, we've worked with leaders across industries for more than two decades. One thing we've learned? Every leader — new, aspiring, or seasoned — needs practical tools that fit into real life. That's why we created Your Leadership Blueprint.

Inside you'll find a short self-assessment, reflection prompts, and a growth challenge you can start today. Think of it as your first step in building the edge that sets great leaders apart.

“

“Leadership is not a position or a title. It is action and example.” – Unknown

”

Self-Assessment

Your Leadership Blueprint Self-Assessment

Instructions: Rate each statement on a scale of 1–5.

(1 = Strongly Disagree, 5 = Strongly Agree)

Communication

1. I communicate my ideas clearly and check to ensure my message is understood.
2. I adapt my communication style depending on who I'm speaking with.

Emotional Intelligence

3. I am aware of how my emotions affect my behavior and decisions.
4. I manage my stress and emotions in a way that sets a positive example.
5. I notice the emotions and perspectives of others, even when they aren't spoken.

Accountability & Growth

6. I take responsibility when things don't go as planned instead of shifting blame.
7. I consistently follow through on commitments I make to my team or colleagues.
8. I seek feedback on my leadership, even when it may be uncomfortable.

Relationships & Influence

9. I build trust by being consistent in my words and actions.
10. I look for ways to support others' growth, not just focus on my own success.

Self-Assessment

Scoring Guide

- Mostly 4–5s → You’ve built a solid foundation. Look for the next edge to sharpen.
- Mostly 2–3s → Your blueprint shows areas to strengthen. Small steps now build long-term growth.
- Mostly 1–2s → Great self-awareness! Start with one shift this week to gain momentum.

Self-awareness is the starting point of leadership growth. By pausing to evaluate your habits and impact, you gain clarity on where to focus. Goals without awareness often drift — but when you know where you stand, you can chart a clear path forward.

REFLECTION PROMPTS

Take a moment to pause and reflect:

- Which statement did you score lowest? Why do you think that is?
- Where did you score highest? How do you use that strength each day?
- What surprised you most about your answers?
- If someone on your team rated you, what do you think they would say?

Use the space below to jot down your insights.

[illegible]

Practical Tool + Growth Challenge

Step 1: Identify Your Focus

Which area from your self-assessment where you scored yourself the lowest — or where you feel the biggest opportunity lies.

Step 2: Set a Growth Goal

Write a clear, actionable goal for the next 30 days:

Goal

Why it matters

First step I will take this week

Step 3: Keep Growth at the Forefront

- Post this goal somewhere you'll see it daily.
- Share it with a mentor, colleague, or accountability partner.
- Re-rate yourself on the same statement at the end of 30 days.

Practical leadership tools, in less time — because every day you choose to grow, you gain the edge.

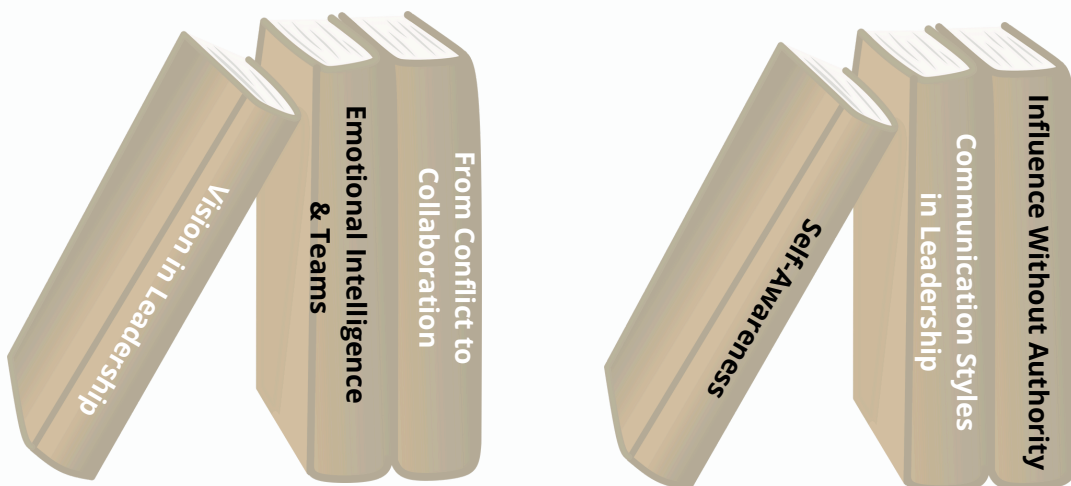
Next Steps

Keep Building Your Leadership Blueprint

- This quick guide is just the beginning. True leadership growth comes from consistent practice — with tools that fit your busy schedule.
- Our Microlearning Workbook Library gives you practical, bite-sized strategies you can apply immediately in areas like communication, conflict, emotional intelligence, adaptability, and more.
- Explore the full collection at www.liatraining.com/learning-hub
- Join our email list for exclusive tools, tips, and offers.

Choose Your Next Step

- If you scored highest in Communication → explore Communication Styles in Leadership.
- If you want to strengthen Conflict skills → start with From Conflict to Collaboration.
- If your biggest gap is Emotional Intelligence → dive into our Emotional Intelligence workbook.



CONTINUE YOUR LEADERSHIP JOURNEY

About LIA Training

For over 20 years, LIA Training has helped leaders grow across industries — from healthcare to business to education. Our philosophy is simple: leadership isn't about titles, it's about action.

We believe in practical tools, consistent growth, and accountability. That's what sets true leaders apart — and that's what we deliver through training, assessments, and microlearning resources.

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“We’ve trained leaders across industries for two decades — and now we’ve distilled the best of that into tools for today’s leaders.” – LIA Training