

Bridget Tucker Smith

WHY DID YOU SAY THAT?

Five Things Managers Say
That Stifle Creativity



WORKBOOK

Use these spaces to capture your thoughts during reading, or go back and enter your ideas for Investing in You.

GREETINGS!

Hello and Thank You!

Thank you for going on this journey and purchasing the ebook. This workbook is designed for you to reflect on what you're reading during our time together. As you read, write your thoughts here. You can go back and apply what you've read to your situation or share it with those you see fit, Let's move to improving communication, building trust and camaraderie, while ensuring that we all feel valued in the places we spend the most time, be it work, school, or home. What I know about leadership and management is that the "right" people in your sphere of influence can greatly affect your trajectory in an environment. The "right" words can undermine your ability to soar high and impact others as well. Words matter. Whether or how someone says them to you, or vice versa. Investing in You and maintaining self-awareness to guide your conscious actions are keys to ensuring that you will chose the right words to lift, leverage, and learn. Carry on.

Bridget Tucker Smith

LET'S GO ...

CHAPTER 1 LEADERS AND MANAGERS

People ask the difference between a leader and a boss. The leader leads, and the boss drives.

- Theodore Roosevelt



01 Think about something your best leader did to support or teach you. What vision did they share for you or with you?

02 How did their care and compassion change your outlook?

03 Think of a manager who did or did not support you or teach you. What did that feel like? Did they say anything to give you cause to pause?

CHAPTER 2 TEMPER YOUR PASSION

A burning passion coupled with absolute detachment is the key to all success.

- Mahatma Gandhi



04 What if someone told you to “Temper Your Passion”, what would you do?

05 What would you have done differently from the actions outlined here?

06 How can you Invest in You to ensure that you are seen and/or heard?

CHAPTER 3 YOU ARE JUST ...

What matters most is you have been given life. Make the most of your existence.

- Lailah Gifty Akita



07 What do you think about someone saying that "You are Just ..."?

08 What would you have done if this happened to you?

09 How can you Invest in You to ensure that you are seen and/or heard?

CHAPTER 4 YOU CAN'T

*You have to find what sparks a light in you so that your own way
can illuminate the world.*

-Oprah Winfrey



10 How did it feel when someone told you that you couldn't do something that you wanted to do?

11 Did you take responsibility to inquire for yourself as to why you couldn't do what you wanted to?

12 How can you Invest in You when someone says "You Can't"?

CHAPTER 5 IT IS WHAT IT IS

It is what it is, it is what you make it.

-James Durbin



13 How does the statement, 'It is what it is, it is what you make it' resonate with you?

14 How can you change your outlook on the statement?

15 How can you Invest in You to ensure that you see this as a positive?

CHAPTER 6 THIS IS HOW WE'VE ALWAYS DONE IT

Humans are allergic to change. They love to say, we've always done it this way. I try to fight that. That's why I have a clock on my wall that runs counterclockwise.

-Rear Admiral Grace Hopper



16

What have you changed in the past few days?

17

How has this saying, 'This Is How We've Always Done It' affected you on teams or other areas of your life?

18

How has this saying propelled you to think differently about how you approach your day-to-day business as a change agent?

CHAPTER 6

THIS IS HOW WE'VE ALWAYS DONE IT

Humans are allergic to change. They love to say, we've always done it this way. I try to fight that. That's why I have a clock on my wall that runs counterclockwise.

-Rear Admiral Grace Hopper



19

How has this saying kept you from giving feedback?

20

Sharing key learnings helps others and offers you the ability to encourage. What questions would you ask to get people thinking along this path?

21

What additional questions can you think of to help you assess a situation going forward?

CHAPTER 6 THIS IS HOW WE'VE ALWAYS DONE IT

Humans are allergic to change. They love to say, we've always done it this way. I try to fight that. That's why I have a clock on my wall that runs counterclockwise.

-Rear Admiral Grace Hopper



22 Building trust and camaraderie on teams is important. Who's on your team? Write them here and make a point to engage often to build connection.

23 What are some ways you and your team can work together to look at how to change a process for it to work better?

24 How can you make the team stronger from your vantage point?

CHAPTER 6

THIS IS HOW WE'VE ALWAYS DONE IT

Humans are allergic to change. They love to say, we've always done it this way. I try to fight that. That's why I have a clock on my wall that runs counterclockwise.

-Rear Admiral Grace Hopper



25

We talked about 'I and We'. How have you been able to convert the 'I' to a 'We' on your team?

26

What did any push back look like for establishing working as a collective group?



**THANK YOU FOR
INVESTING IN YOU**



Remember, You are valuable. Continue to learn and leverage your talents to lift others. No matter the seat. You matter. Words matter. Who leads you matter, and how you lead matters.

Cheers!

Questions?

Connect with us at info@leadershiplanguagepractice.com