

If you find yourself at	Then	By	Framing Questions
Drowning - Loathing	Rediscover your <b>because</b> (why)	Finding tools and processes that get you through the now	What is most urgent and important right now? What tools or processes can help me?
Surviving - Tolerating	Build your own <b>belief</b> in your leadership	Working on yourself with new technical or personal skills	What skills do I need to (re)acquire? What do I need to be at my best? Who can help me?
Coping - Liking	Step into (re) <b>becoming</b> the leader	Energising your team towards contributing to progress or improvement	How do we reset our agreed ways of working? What is our team purpose? What challenges are we facing?
Thriving - Loving	Building legacy <b>beyond</b> your presence	Build and use systems that create strong cultures and outcomes	What systems and processes help people be at their best? What systems and processes help is delivery quality?

