



FIND YOUR LEADERSHIP GROOVE

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Today's leaders are challenged more than any other generation of leaders in history. Business is moving at a more rapid pace than ever, the business climate changes daily, there are more tech tools, but somehow less resources and what employees want is very different than pre-pandemic. As leaders, we all want the same things... to be intellectually challenged in our work, to work with smart, fun, happy people, and to be successful.

Somewhere along the way we've become more focused on KPIs, ROIs, Automation and AI, Processes and Standard Operating Procedures ("left-brained thinking"), and we've become less focused on creativity. The human brain (specifically the right brain) is responsible for creativity, innovation, and problem solving. Yet, this side of our brains is underutilized in today's business environment.

For businesses to thrive into the future, we need to exercise our right brains to be as strong as the left-brain neuropathways we've honed. One way to do this is to plan for more fun and play in business. Until now, having fun or playing at work seemed like a waste of time and detrimental to productivity. What we are discovering is that it is the exact opposite. Lack of fun and play is detrimental to productivity and even more so to innovation. To thrive, we must play. And, to effectively play, we must activate all types of play to be inclusive with our teams.

To demonstrate this, I invite you to play this simple, effective picture game to help you find your leadership groove!

Instructions: pick one picture to represent your past, one for your present and one for your future.



STEP 1**Now observe the first picture that represents your past:**

Starting with the picture that represents the past, take a closer look at the image and ask yourself these questions and jot down some notes.

What details do you notice about the picture (lines, shapes, objects)?

What colors do you notice and what stands out to you?

What happened just a minute before and a minute after the picture was taken?

Were you in the picture or taking it?

What does this picture have to do with your leadership rhythm in the past?

STEP 2

Now observe the picture that represents your present and ask yourself the same questions above only change the last question to reflect the present.

STEP 3

Now observe the picture that represents your future and ask yourself the same questions above only change the last question to reflect the future.

STEP 4

Now observe all three pictures together.

Do you notice any common theme among your pictures?

What thoughts, feelings, or emotions arise when looking at the pictures all together?

Additionally, ask yourself what are three things you see about finding your leadership groove?

Great job!! You've just completed a therapeutic photo session which tapped into your natural creative brain. Any time you get stuck, you can come back to these pictures or find new ones and ask yourself these same questions. Every time you do it, you'll find a new perspective.

Want an additional fun idea? Do this with your team before an important meeting. You'll open their minds and expand their creativity and innovation.



If you are interested in learning more about my creativity sessions, please email me at Jennifer@jenniferdarlingspeaks.com.

I love to customize workshops to support you in expanding your teams' creativity!

Jennifer Darling's

MOST POPULAR PROGRAMS

STRATEGIC BRAINSTORMING & PLANNING WITH JENNIFER

One of my favorite things to do in the world (besides Pound, of course) is facilitate brainstorming meetings. Whether it's with leadership teams, sales teams, or the entire team, getting everyone together and on the same beat is the best way to ignite creativity and innovation to spark new ideas. Let me help your organization design strategic plans for sales & marketing, increase team engagement and camaraderie, improve systems & processes, or set goals, objectives & next steps for growth.

To find out more about how I can support your team to thrive in the future of business, email Jennifer@JenniferDarlingSpeaks.com

FIND YOUR LEADERSHIP RHYTHM: STRATEGIES FOR OFF THE CHARTS ENERGY, SYNERGY & SUCCESS!



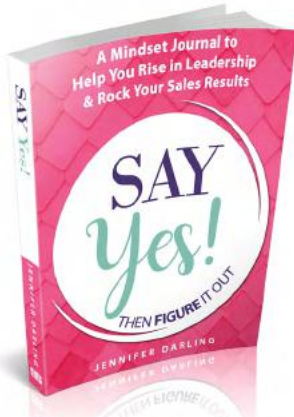
Channel your inner leadership rockstar with this energetic program inspired by the infectious, energizing, and heart-pumping fun of playing the drums. This high-intensity program connects your audience using the rhythm of drumsticks and the beat of the music. The program opens with a group cardio drumming jam session then incorporates leadership lessons for navigating in a totally new environment. Participants will get fired up, awaken new senses, and tap into a higher-level thinking!

Available as a keynote, workshop or facilitated strategic team meeting.

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MOST POPULAR PROGRAMS

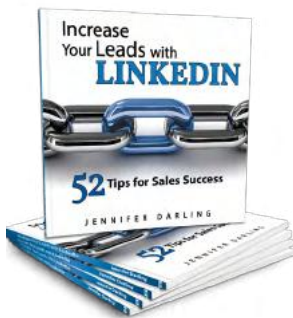
SAY YES! THEN FIGURE IT OUT



There's never been a more exciting time to be a leader. The world of business has changed forever, and we have the responsibility to shape the future the way we know it needs to be. The business community needs us. Our industries need us. We know a thing or ten about how to spin all the plates required to navigate this complex environment. We need to own that—for ourselves and for other business professionals who need us to lead the way so they can step into their own greatness.

Available as a keynote, workshop or facilitated strategic team meeting.

EXPAND YOUR PERSONAL BRAND PRESENCE



Everyone has a personal brand presence (whether you know it or not). What's important is what that presence is saying about you and your business! In a digitally driven world, Leadership, Sales and Marketing Expert and Speaker Jennifer Darling shares how elevating and expanding your personal brand online is one of the fastest and most effective means to generate new customers, referrals, attract top talent, and position you as a Thought Leader, Trusted Advisor and the Go-To Expert in your industry.

Jennifer is the author of *Increase Your Leads with LinkedIn: 52 Tips for Sales Success!*