



9 POWERFUL STEPS TOWARDS PERSONAL LEADERSHIP



Created by Gerdi Verwoert, Dare Greatly Coach & Guide



Dare Greatly Coaching

Welcome to 9 powerful steps towards becoming a leader in your own life

I used these steps on my own journey to get clear on what I wanted my life to be all about; how to be a leader in my own life, when I wanted to stop what felt like playing a part: being a successful consultant and manager.

Now I guide people like you — visionaries, change-makers, rulebreakers or people who simply feel stuck in the frustrating DO-ing of everyday life — into quiet, expansive mountains to help you re-connect with yourself, your **E S S E N C E**, and re-focus on what **L I F E** for you is all about.

I bring you to the edge of your comfort zone, beyond your fears, until what you thought was important fades away. You reconnect with what to your life is all about and you can start being the person you were always meant to be – a **LEADER in YOUR own LIFE.**



When you're unhappily successful, because you're constantly being pushed into a role that doesn't satisfy you and it doesn't feel anything like you thought it would....

When it feels like you've given up your identity, as though you're playing a part in order to live up to everyone's expectations....

When you're exhausted because you no longer know what's truly important to you and are trying to do it all...

These 9 powerful steps will help you regain Clarity, reclaim your Identity and start on your own journey towards being a leader in your own life; towards

PERSONAL LEADERSHIP.



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Step 1 - Know your core values; your E S S E N C E

Your core values are the foundation on which many, if not all major life decisions are based. Set aside time on your calendar to (re) discover what yours are.

Get clear about what is really important to you.

Without that clarity you are lost; wandering aimlessly through the mountains without a map, compass or GPS.



Step 2 - Set clear boundaries

People who are leaders in their own life are crystal clear about their boundaries. And those around them know exactly what those boundaries are.

Having and maintaining boundaries is essential to leading a physically, mentally and spiritually healthy life. It is an essential part of being an authentic leader.

Step 3 - Envision what life looks like

It's challenging to be an authentic leader when you have no idea how that actually translates into your life. Having a vision for that life, will give you a goal to move towards.

How will your personal leadership influence your choices and what impact will they have on making your envisioned life reality?

Step 4 - Be congruent

It is draining to constantly change in an effort to present yourself in a way you think suitable or expected.

When you **A R E** an authentic **L E A D E R** in your own life, true to your **E S S E N C E** with clear boundaries and you know how you want to lead your life, it is much easier to be congruent.

That's when people see on the outside how and who you are on the inside.



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Step 5 - Take back control

People who are leaders in their own life are in control of their life.

When you're in control you no longer sacrifice your time and energy to people, activities and things that don't really matter to you.

When you're in control you let go of roles and expectations that were never or are no longer yours. You leave them by the trailside or give them back to the people they actually belong to.

Your life is no longer something that just happens to you; it is your own!

Step 6 - Have a plan

Now that you have taken back control with a clear vision for your life, formulate a plan to realise that vision.

You may not follow your plan to the letter, but it will help you get back on track when you stray away from it.



Step 7 - Be a rulebreaker

As a leader in your own life you'll regularly bump up against written but even more unwritten rules.

When you become more grounded within yourself and the way you want to live life, you'll recognise many of those 'rules' are really just expectations from family, friends, colleagues, etc. Many are real, and some only imagined.

Find the courage to break the rules that stop you from living your own life. Or when you decide not to break them, do so consciously and with awareness of the consequences.

Step 8 - Take ownership of your identity

You're not like everybody else. As a leader you are well aware of that. You make choices others don't dare to make. You take control of your life as others are still complaining things always happen *TO* them.

Let the way you live life be an expression of who you truly are. Let it be part of your daily lifestyle. There is a bone-deepness to this. You know deep within you — in your bones — who and what you are.

Because of that, you'll always be able to return to yourself, back onto your own path.



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Step 9 - Start moving again

Knowing about these powerful steps to become a leader in your own life again is of no help to you, when you don't actually take them.

You've made it part way up the mountain.

As you left your natural state (the one you had when you were a young child) behind and entered the world of adults, you started to comply more and more with what people around you and society at large expected of you.

You became successful at what you do, but you sense, know there is more to life than that.

Now it's time to figure out what your 'more' is and continue moving up the mountain.

It's time to take a step! It is time to Dare Greatly!!

— Gerdi Verwoert, Dare Greatly Guide & Coach

Your first step - join my Facebook group:

PERSONAL LEADERSHIP

Then follow me on:



JOURNEY THROUGH LIFE



About Me:

I guide people who are visionaries, change-makers, rulebreakers and those who simply feel stuck in the frustrating DO-ing of everyday life and work, into quiet, expansive mountains to help them re-connect with themselves, their E S S E N C E, and re-focus on what L I F E for them is all about.

The mountains are a magical place; uniquely suited to help us slow down, be present and get a different perspective on life.

A former project manager & consultant with 20+ years of experience, I am certified as a life coach and mountain hiking guide. I have a special gift for taking people on trails - in mountains and in life - they would never think of walking by themselves. I have a talent for both challenging and helping them reach heights they didn't think themselves capable of.