



Developing Self Management **As A Leader**

With Madeleine Evans

Who am I?

Investor and entrepreneur with experience in management and leadership roles across high-growth and transforming companies.

Founder/CEO of the technology company, Levell | Levell.io.



Who am I?



Tell me about You...

1

What is your top priority goal (in your new role)?


2

What do you hope you'll get out of today?

3

What do you most fear being a new manager?

What we will discuss today!



Where you are on the performance-burnout curve

How to create a culture of working and reporting that supports high performance

Strategies to maintain resilience in high-demand workplaces, for you and your team

01

The performance-burnout curve



The performance-burnout curve

1

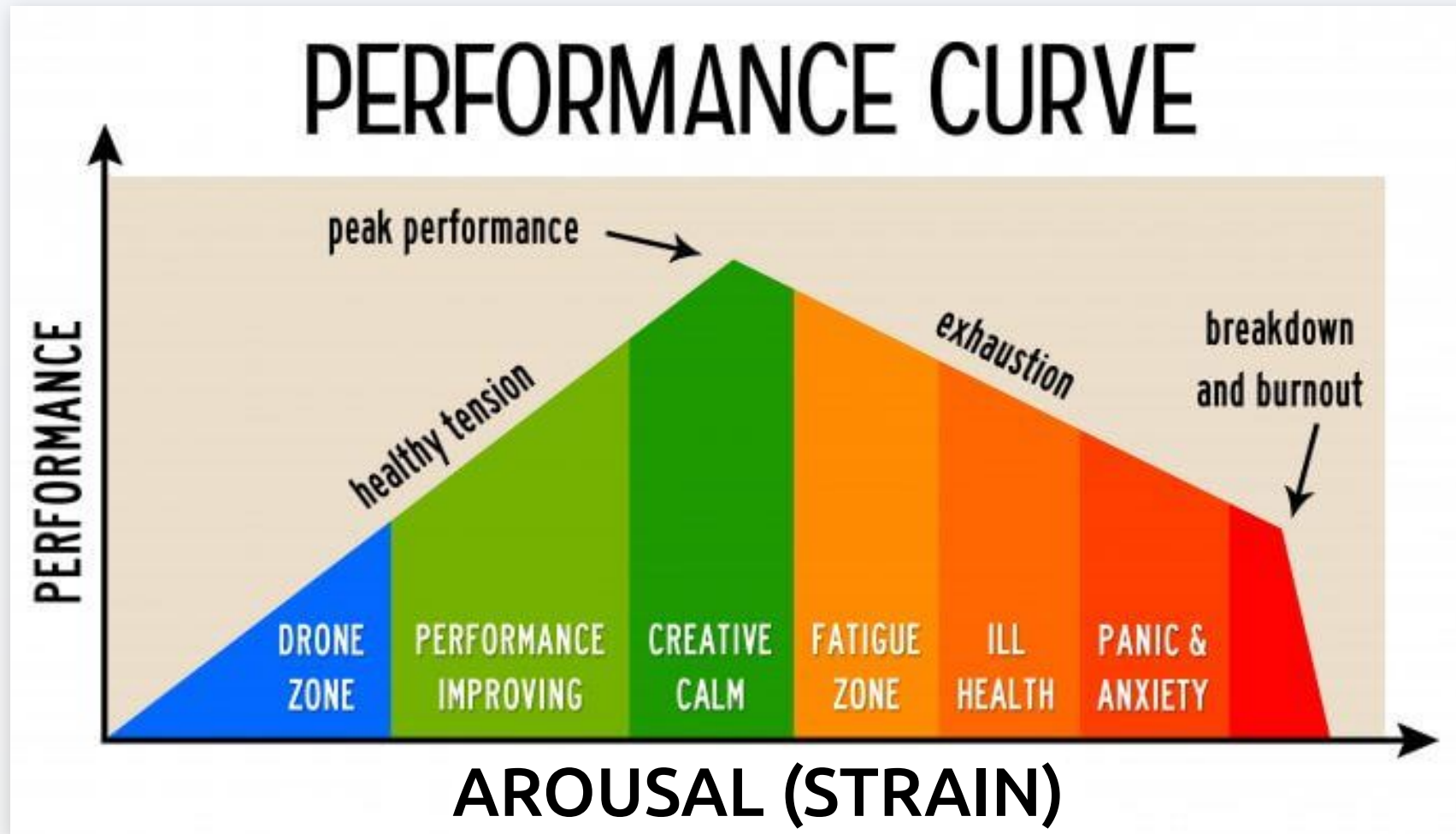
How to identify where you are on the performance-burnout curve

2

How to spot signals in the team



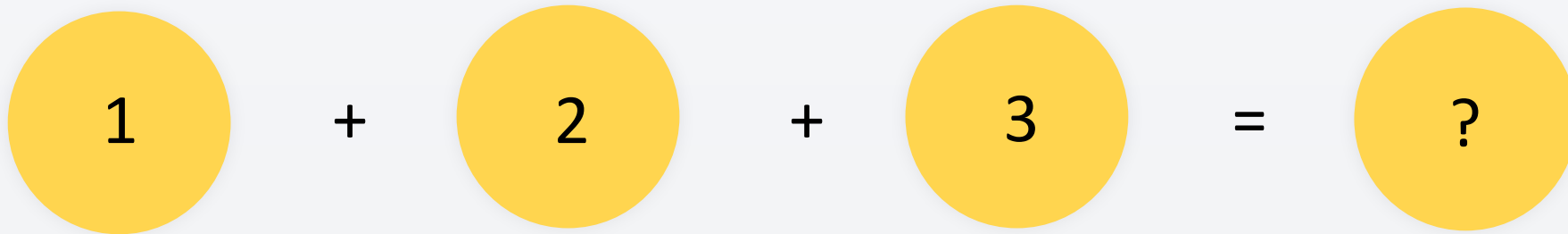
How to identify where you are on the performance-burnout curve



Via [Florence Health](#)

How to identify where you are on the performance-burnout curve

Self-quiz



0 = Never, 1 = A few times a year, 2 = Once a month, 3 = A few times a month,
4 = Once a week, 5 = A few times a week, 6 = Every day.

How to spot signals in the team

TARGET STATE

1. Thinking clearly
2. Relaxed
3. Engaged & interested in the team
4. Dealing with problems well
5. Optimistic; cheer
6. Confident in self
7. Active & vigorous

HAVE A CONVERSATION

1. Usually quiet; withdrawn
2. De-motivated or dis-engaged
3. Appears visibly strained
4. Scattered; difficult to focus or make up mind
5. Myopic focus on task
6. Snappy or angry

Quick Q & A



- 1 Identify where you are on the performance-burnout curve
- 2 How to spot signals in the team

02

How to create a culture of working and reporting that supports high performance



How to create a culture of working and reporting that supports high performance?

1

The key elements of work culture critical for high performance as an individual or in teams

2

Reflection & discussion break

3

How to lay the right working culture foundations to support high performance



The key elements of work culture critical for high performance as an individual or in teams

FACTORS FOR SUCCESS

Control

Community/
Support

Challenge/
Demands

Values/Fairness

Effort/Reward

Rest/Recovery

DISCUSSION

Enter your text here



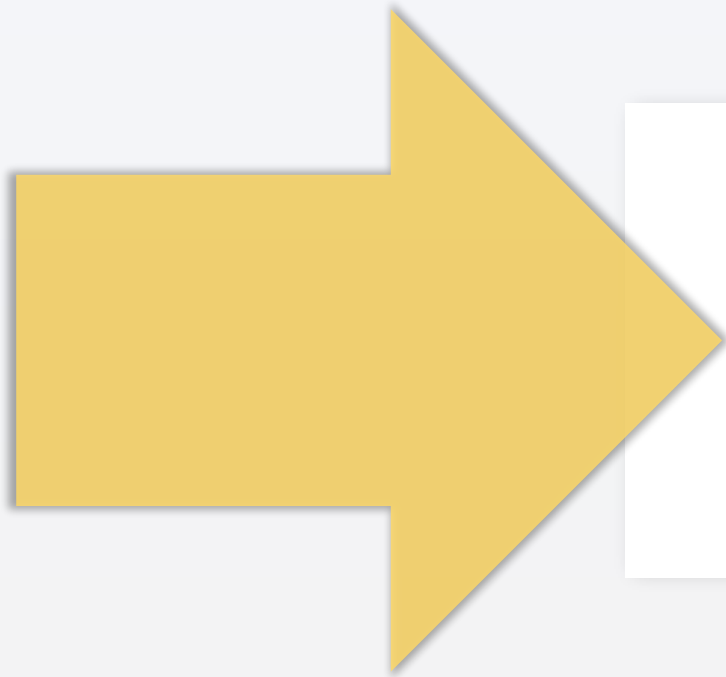
Have you had a mismatch or challenge in any of these areas personally?

How to lay the right working culture foundations for that support high performance



Set expectations up front.
Lay the foundation of trust.

How to lay the right working culture foundations that support high performance



Take time to check-in on how the work culture is working.

How to lay the right working culture foundations that support high performance



Ask about feelings and make it an open conversation.

Quick Q & A



- 1 The elements of work culture critical for high performance as an individual or teams
- 2 Personal reflections & insights
- 3 How to lay the right working culture foundations that support high performance

03

**Strategies to maintain
resilience in high-demand
workplaces, for you and
your team**



Strategies to maintain resilience in high-demand workplaces, for you and your team

1

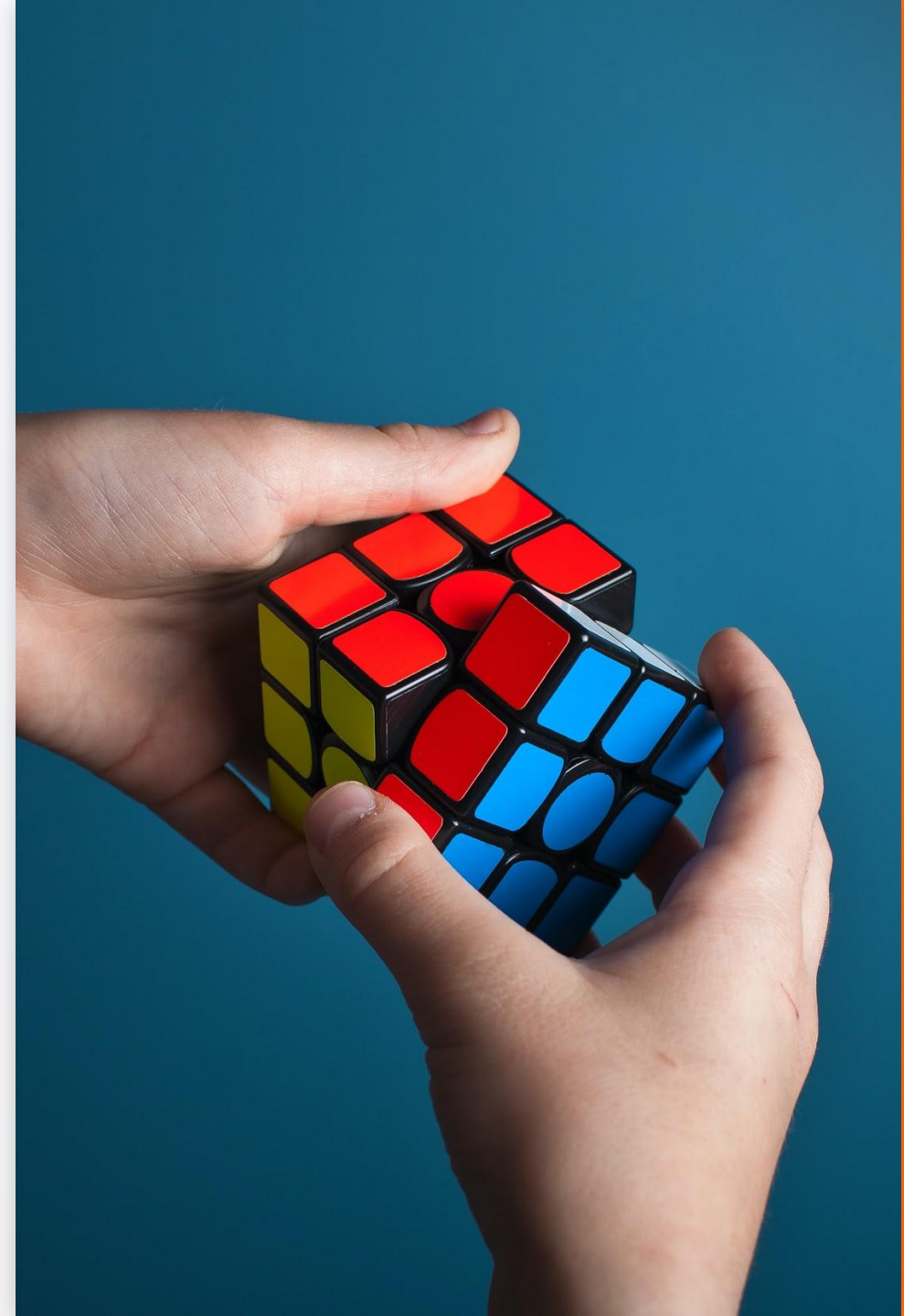
What resilience means - and why it matters in your work

2

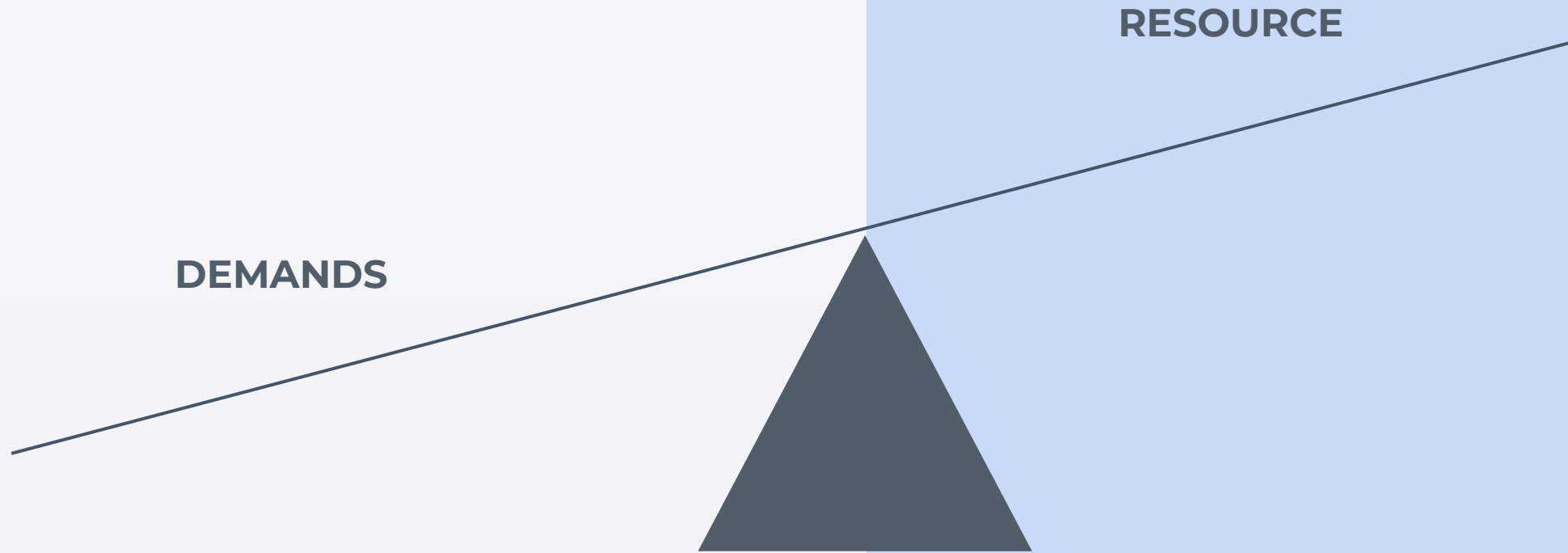
How to identify the resources that you need to succeed

3

Strategies to build personal resilience, for you and your team



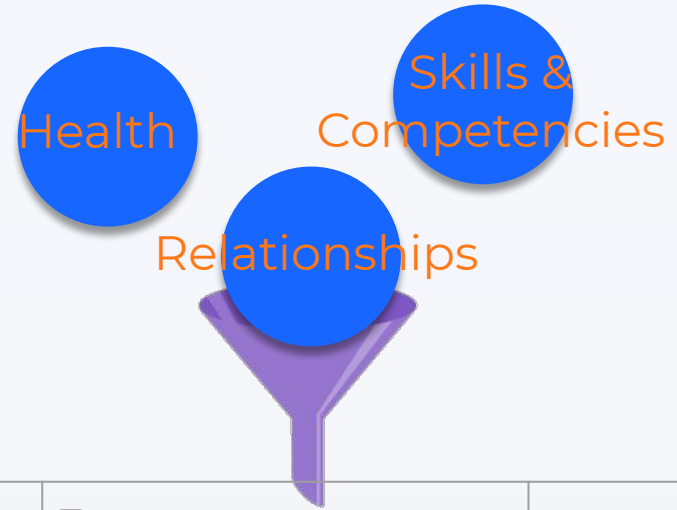
What resilience means - and why it matters in your work



**How to identify the resources that you need to
succeed**

**Let's work through a
worksheet!**

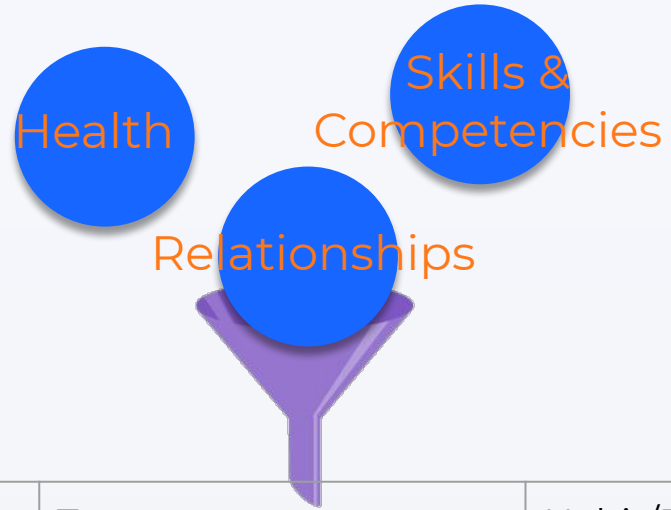
Exercise



What	Type		

Strategies to build personal resilience, for you and your team

Exercise



What	Type	Habit/Routine	Approx. Frequency

Quick Q & A



1

What resilience means - and why it matters in your work

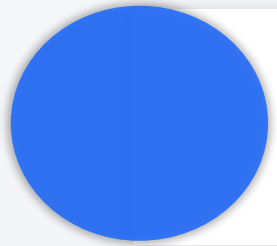
2

How to identify the resources that you need to succeed

3

Strategies to build personal resilience, for you and your team

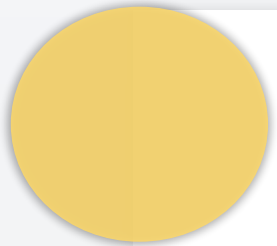
What you have learned today



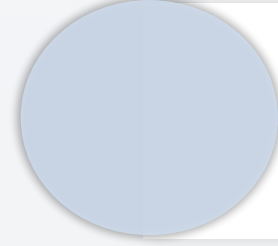
The performance-burnout curve exists



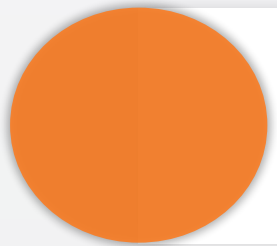
How investment in personal resources builds resilience



How to read signals among your team



Personal cheat sheet of habits to help you manage well



The culture factors that support high performance

Congratulations!





Final Quick Q & A

Stay in touch!

Developing Self-Management
as a Leader

with

Madeleine Evans

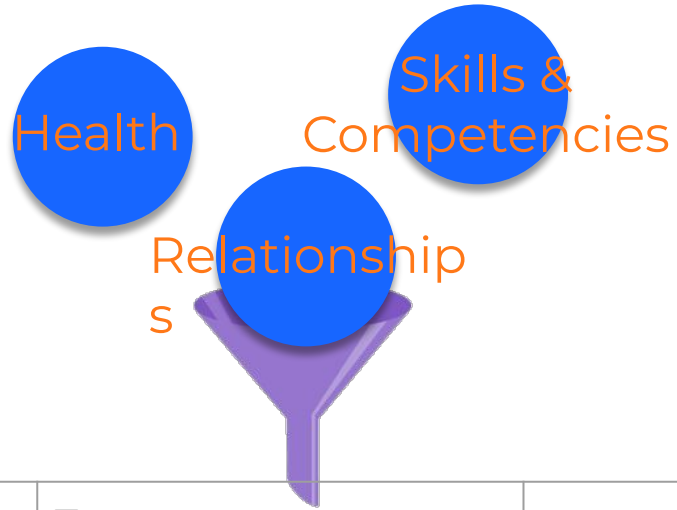


<https://www.linkedin.com/in/madeleine-evans-b0a872131/>



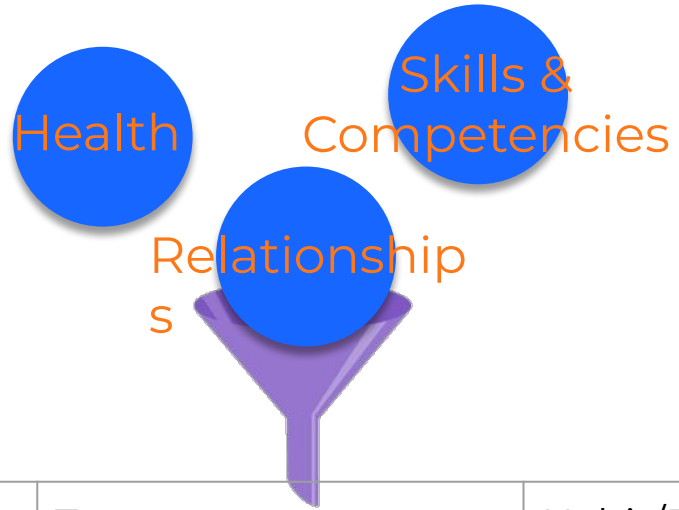
maedelmuse

Exercise



What	Type		
Time for daily exercise			
		32	

Exercise



What	Type	Habit/Routine	Approx. Frequency
		33	