THE BREAKING THROUGH LEADERSHIP MODEL

Five steps toward more human, effective leadership

A journey from self-awareness to intentional leadership behaviors



01 AWAKEN YOUR PURPOSE

Reconnect with your values, strengths, and motivations. Lead with greater clarity, intention, and awareness of the impact you have on others.

02 ACTIVATE YOUR MINDSET

Recognize the assumptions and habitual thinking shaping your responses. Replace automatic reactions with constructive, intentional choices.

03 RAISE YOUR EMOTIONAL INTELLIGENCE

Strengthen self-awareness and emotional regulation to navigate pressure, conflict, feedback, and uncertainty with greater effectiveness.

04 MOVE FROM DRAMA TO DELIGHT

Notice relational patterns that fuel misunderstanding or disconnection. Practice listening, curiosity, boundaries, and courageous conversations.

05 BE MORE HUMAN

Translate insight into accountability, compassion, and everyday leadership behaviors that strengthen trust, collaboration, and performance.

BREAKING THROUGH
CONSULTING & COACHING

Awareness opens the door. Practice makes change possible.

Breaking Through Leadership Academy | Leadership • Communication • Relationships

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