

About Cedar Anderson

Having worked in a range of sectors throughout my career leading others and gaining knowledge in business, hospitality and education, it wasn't until I needed help that I truly found and understood my purpose. I genuinely believe there is no greater honor than to serve and help others. I started Myassista to help others. I am passionate about the philosophy "It takes a village to raise a child," and beyond childhood, Myassista aims to serve and support others. We will be our client's village of choice.



Coaching Tips for Transitioning Responsibilities

Empowering teams through clear, supportive delegation

Coaching Tip	Suggested Action
Start with small, low-risk responsibilities to build confidence.	Choose one recurring task to delegate weekly.
Explain not just the 'what' but the 'why' behind each task.	Discuss strategic goals in your team meeting.
Set up regular check-ins to review progress and offer feedback.	Block 15 minutes weekly for 1:1 updates.
Use past experiences as teaching moments to guide decisions.	Share personal stories of overcoming challenges.
Encourage autonomy by asking open-ended questions.	Ask 'What options do you see?' during planning.
Celebrate wins and acknowledge the effort, not just the result.	Send a thank-you email after task completion.
Reframe mistakes as learning opportunities.	Review what went wrong together without blame
Pair with a mentor or buddy if possible	Assign a support person for the first month



Half Hour Daily Timebox

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Today's Priorities

Other Tasks

Brain Dump

Notes
