

# L.E.A.D. FROM WITHIN

## eBook



GetUnstuck

Break Free, Move Forward

# WHEN WAS THE LAST TIME THAT YOU FELT 100%?

🔥 100% confident.

✨ 100% clear.

⚡ 100% in control.

🎯 100% connected to your purpose.

For most people, that feeling is rare, buried under constant demands, rapid change, and the pressure to deliver.

But what if you could lead and live from that place of clarity and strength, not just once in a while... but every day?

The L.E.A.D. From Within Framework is designed to help you:

- Regain focus when everything feels scattered.
- Respond with intention instead of reacting under pressure.
- Build a team culture that thrives — even in uncertainty.
- Create impact that lasts, starting from the inside out.

It's not about changing who you are.

It's about unlocking the leader you already have within.

## Rise. Transform. Inspire.

Unlock your potential and thrive as an individual, a team member, or a leader. This framework is built for anyone committed to personal growth, authentic relationships, and resilient, high-performing cultures.

Rooted in four powerful pillars, it blends insights, practical tools, and real-world strategies to guide your journey wherever you are, whoever you aim to become.

Think of it as a compass and a toolkit: the compass points to your fullest potential, and the toolkit equips you to make it real.

This isn't just a framework. It's a way of growing, leading, and living from the inside out. Step in. Transform boldly. Inspire profoundly.



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# L: Leadership Starts with Self

**Principle:** Effective leadership begins with self-awareness and clarity. Understanding your values, motivations, and habits is crucial for guiding your actions and decisions.

**Practical Approach:** Utilize the Daily Awareness Journal to reflect on daily experiences, emotions, and values. This practice helps identify patterns, uncover blind spots, and reinforce core values.

◆ **Daily Awareness Journal:** Duration: 5–10 minutes at the end of each day.

◆ **Reflection Prompts:**

- ◆ *What moment challenged me today?*
- ◆ *What emotion came up, and what did it tell me?*
- ◆ *Did I act in alignment with my values?*
- ◆ *What do I want to carry forward tomorrow?*

**Review:** Weekly review to identify recurring themes and areas for improvement.

**Accountability:** Share your commitments with a peer or coach to stay on track.

**Outcome:** Enhanced self-awareness, stronger alignment with values, and more authentic decision-making.



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# E: Emotional Agility as Strategic Power

**Principle:** Emotions provide valuable information. Developing emotional agility allows you to respond thoughtfully under pressure, fostering trust and integrity.

**Practical Approach:** Implement the 3-Step Emotion Reset (Pause, Label, Choose) and support it with mindfulness and breathing techniques.

## ◆ 3-Step Emotion Reset:

- ◆ **Pause:** Take a moment to breathe and center yourself.
- ◆ **Label:** Identify the emotion you are feeling.
- ◆ **Choose:** Select a response that aligns with your values.

## ◆ Reflection Prompts:

- ◆ *What emotions arise for me under pressure?*
- ◆ *Were my responses values-driven or reactive?*
- ◆ *Which situations challenge my emotional agility the most?*

**Review:** Weekly review to identify recurring themes and areas for improvement.

**Accountability:** Share your commitments with a peer or coach to stay on track.

**Outcome:** Improved ability to respond thoughtfully under pressure, leading to stronger relationships and psychological safety.



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# CHANGE

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## A: Awareness to Activation

**Principle:** Insights must be translated into action to drive real change. Consistent, intentional actions build habits that lead to growth and accountability.

**Practical Approach:** Conduct a Weekly Leadership Reset to review progress, identify patterns, and set clear actions for the upcoming week. Seek accountability from peers or mentors.

◆ **Weekly Leadership Reset:** Duration: Weekly review session.

◆ **Reflection Prompts:**

- ◆ *What insights did I gain this week, and how will I act on them?*
- ◆ *Where could I be more intentional with my actions?*
- ◆ *What old habits are holding me back from progress?*

**Review:** Weekly review to identify recurring themes and areas for improvement.

**Accountability:** Share your commitments with a peer or coach to stay on track.

**Outcome:** Consistent leadership habits, measurable progress toward goals, and a clearer sense of direction.



## D: Direction Through Culture Shaping

**Principle:** Your actions and interactions shape the culture around you. Leading with intention and modeling desired behaviors fosters resilience, trust, and shared success.

**Practical Approach:** Engage in the 1-Week Leadership Culture Challenge, focusing on modeling specific behaviors each day to influence your environment positively.

◆ **1-Week Leadership Culture Challenge:** Duration: One week

◆ **Daily Behaviors:** Choose one behavior to model each day, such as showing appreciation, practicing active listening, or expressing empathy.

◆ **Reflection Prompts:**

- ◆ *How did my behavior influence team morale today?*
- ◆ *Where can I lead by example to spark positive change?*
- ◆ *What micro-action will I amplify this week?*

**Review:** Weekly review to identify recurring themes and areas for improvement.

**Accountability:** Share your commitments with a peer or coach to stay on track.

**Outcome:** A stronger, more cohesive culture built on trust, empathy, and shared purpose.



## Bringing It All Together

By integrating these four pillars, you not only enhance your effectiveness but also create a ripple effect that transforms the people and environments around you. The L.E.A.D. From Within Framework is actionable, adaptable, and designed to support meaningful growth for individuals and organizations alike.

Ready to unlock your leadership potential? click **HERE** to book a free 30-minute discovery call to explore how the L.E.A.D. From Within Framework can transform your journey.

For more information:

- Email: [gilles@getunstuck.ie](mailto:gilles@getunstuck.ie)
- Website: [www.getunstuck.ie](http://www.getunstuck.ie)



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