ALIGN 360
COACHING & STRATEGY

A PRACTICAL REFLECTION GUIDE

The Leadership Reset.

A little space. A fuller perspective.
A more intentional next chapter.

CLARITY. CONFIDENCE. CALM INTENTION.

A guide to use at your own pace.

01 / PAUSE & TAKE STOCK

Before your next move, make a little space.

A leadership transition can change what you are asked to do and how you see yourself. Begin by noticing your context. You do not need to solve it all on this page.

What is changing?

Name the role, responsibility, relationship, or direction that is shifting.

What is taking the most energy?

Separate the things you can influence from the things you are carrying without control.

What needs your attention?

Choose one question that deserves more thought than the rush usually allows.

02 / YOUR LEADERSHIP CHECK-IN

A reflection.
Not a score to chase.

Circle a number for each statement. 1 means "needs attention" and 5 means "feels well aligned". Use your experience today. There is no ideal profile.

Values

My actions reflect what matters to me. 1 2 3 4 5

Identity

I have a clear sense of who I want to be as a leader. 1 2 3 4 5

Confidence

I trust myself to take a useful next step. 1 2 3 4 5

Communication

I can express what matters and listen with intention. 1 2 3 4 5

Steadiness

I can create a pause when the pressure rises. 1 2 3 4 5

Decisions

I can choose a direction with enough clarity to act. 1 2 3 4 5

What do you notice? Which dimension matters most in your current situation?

Self-reflection only. This is not a validated psychometric assessment or a measure of leadership ability.

03 / RECONNECT WITH YOUR VALUES

What matters most when the pressure rises?

Values become useful when they guide a real choice. Pick three that matter in your current chapter, then describe what each could look like in practice.

A FEW STARTING POINTS

Integrity / Curiosity / Courage / Care / Accountability / Fairness / Growth / Respect / Clarity / Service / Balance / Your own

VALUE 01

A choice or behaviour that would make it visible:

VALUE 02

A choice or behaviour that would make it visible:

VALUE 03

A choice or behaviour that would make it visible:

A useful question: where do your current choices feel out of step with a value you want to lead from?

04 / A FIVE-STEP ROADMAP

Turn a pause into purposeful action.

Use these five movements as a thinking structure. Move back and forth as your understanding changes.

01

Pause

Slow down the noise.

What is happening, beyond the immediate urgency?

02

Reflect

Notice values, patterns, and assumptions.

What am I bringing to this situation?

03

Clarify

Name the intention.

What would meaningful progress look like?

04

Align

Connect intention to a choice.

What needs to change in how I work or relate?

05

Act

Take a small, practical step.

What can I do this week, and when will I review it?

05 / YOUR NEXT INTENTIONAL STEP

Small enough to do.
Meaningful enough to matter.

Choose one action within your influence. Give it a time, a form of support, and a moment to reflect.

My next step

What will I do, and when will I do it?

The support I need

What conversation, resource, boundary, or agreement would help?

My reflection point

When will I return to this? What will I notice or ask myself?

TAKE THE CONVERSATION FURTHER

Bring your reflection.

Explore a fuller perspective with Align 360.

align360coaching.co.za info@align360coaching.co.za