

Additional Exercises on the Nature of Leadership Work

A DAY IN THE LIFE OF....

Main idea: Instead of analysing your day to day work life as a leader, find someone in a leadership position and shadow them for 1 day analysing in detail what they do and how they do it.

How it works:

1. Shadowing a leader is a unique opportunity to experience leadership firsthand. Find the right person and ask them for permission to get an up-close look at a day in their life. Sometimes it is useful to exchange experiences, you spend one day with them and the next day they could shadow you.
2. Take notes of what you notice and include your impressions.
3. Take special care of things like: what type of activities do they do, who do they talk to, what interruptions do they get (are they external or self-made), how long do they invest on each task, take note of their agenda items and see which things were expected and which were not, etc.
4. At the end of the day reflect on the experience
 - a. What similarities and differences do you see from your job?
 - b. What can you improve from your job after watching the other person?
 - c. What feedback can I give the person I have followed for the day?

ANALYSING MOVIES

Main idea: Sometimes we do not have people around us whom we can observe. However, movies are a great and fun way to learn more about leadership. Choose a movie about the life of a leader and analyse some scenes in detail to see how leadership work is represented.

How it works:

1. Choose a movie about a leader here are two examples:
 - a. [The Darkest Hour](#) (Winston Churchill)
 - b. [Invictus](#) (Nelson Mandela)
2. Choose one scene you would like to analyse. For example: in the Darkest Hour the scene where Winston Churchill appears for the first time.
3. Take notes of the different actions they carry out. How long are the activities? How many interruptions do they have? How are they performing their role? How do they adapt to the circumstances?
4. It is useful to compare the list with the workshop document that highlights the different characteristics of the leadership work.
5. Do you see any similarities and differences from your job?

Additional Reflection

- Looking at the work you do, what are three main traps and challenges that you can fall into?
- What personal changes could you consider in the medium term to favour the integration of your spiritual and work life?
- What changes could you introduce in your organisation to improve the coherence between your external institutional identity and the way you behave and exercise your roles?