



8 LEADERSHIP MAXIMIZERS FOR CHRISTIAN WOMEN

PROVEN STRATEGIES TO MAXIMIZE YOUR IMPACT WHILE LEADING
A LIFE ALIGNED WITH YOUR CORE VALUES

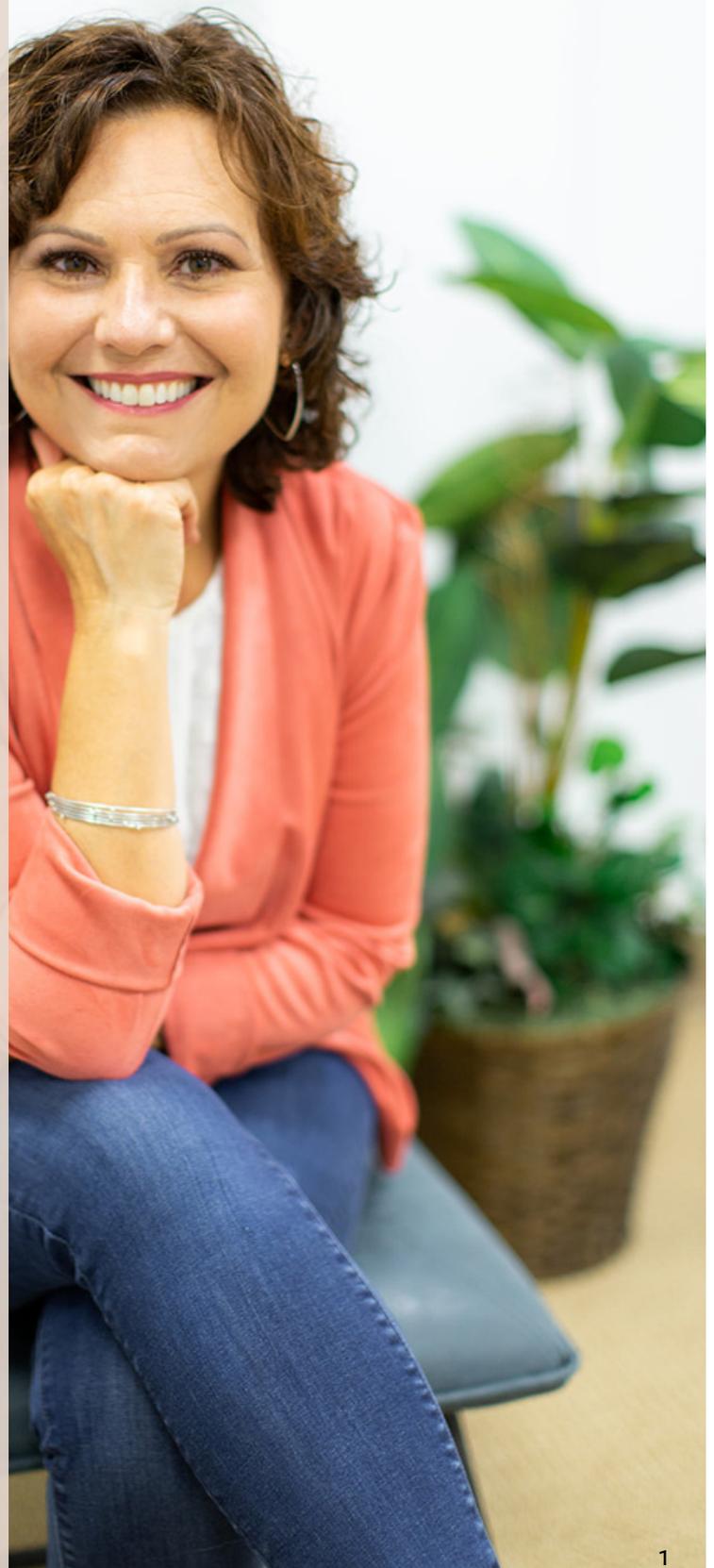
WELCOME

Hey there! I'm Jeannette. I'm a pastor and women's leadership coach. My dream is to help thousands of women find their voice, speak up, and lead wherever God calls them.

This booklet took just a few hours to write but it was 25 years in the making - born from my years of experience in executive-level ministry leadership and as a small business owner.

This guide contains proven strategies for leveraging your leadership impact while living a life aligned with your deeply held values. The list is certainly not exhaustive, but it includes eight powerful principles that, when implemented, will help you create success in your ministry, career, relationships, and life.

I hope this tool will encourage you to show up fully and share your gifts with the world. Our world needs more women leaders. Our world needs you!



A close-up photograph of a person's hand holding a gold-colored pen over an open notebook. The person is wearing a yellow short-sleeved shirt and a striped skirt. The notebook is open to a blank page, and the hand is positioned as if about to write. The background is a light-colored surface, possibly a table or desk.

HOW TO USE THIS WORKBOOK

There isn't one right way to use this workbook so choose what's best for you. You can tackle the principles one at a time in order or skip around and start with those that feel most relevant to you right now. You might choose to do several at a time, one per day, or one per week. The pace is up to you.

Find a quiet place where you are free from distractions. Write out your answers to the questions in the booklet or in a journal. Don't rush. Give yourself time and space to look within and listen for the still small voice of God leading you forward

"Leadership is about making others better as a result of your presence and making sure that impact lasts in your absence."

Sheryl Sandberg, COO at Facebook

LEADERSHIP

Maximizers

- Develop A Personal Vision
- Be Fully Present
- Choose Who You Will Disappoint
- Lead With A Long View
- Embrace Doubt As Part Of The Process
- Talk Nicely To Yourself
- Claim Your Achievements
- Don't Apologize For Being Ambitious

DEVELOP A PERSONAL *Vision*

You probably have a vision for your organization, but do you have one for your life? It's difficult to truly know what you want for your ministry or business if you're not clear about what you want for your life.

A personal vision is a holistic, comprehensive expression of your ideal self and ideal future. It clarifies your values, dreams, and desires. Your personal vision will guide you in making big life decisions and define how to prioritize your calendar.

Reflection

- How do you want to be remembered after you are gone? What would you like others to say about your character and life?
- Imagine it is fifteen years from today and you are living your ideal life. Describe what you see. Consider location, relationships, career, finances, health, spirituality, hobbies.
- List five values that are deeply important to you. How are those values expressed in your life today?

BE FULLY *Present*

Great leaders show up with their whole self. Focus your attention and be fully available for the conversation, the moment, the opportunity at hand. Put away your phone and focus your gaze on the person in front of you.

When we are distracted or constantly checking our phones, we don't appear significant. Instead, others are likely to conclude that we aren't in control of time or schedule and are therefore incapable of bringing our very best to the task at hand.

Reflection

- What does it mean to you to “be present”? What does it mean to you to do something “mindfully”? Does it sound good? Or like a chore?
- Who do you know who feels very present when they are with you? What do they do? How do they act that makes them so present?
- When do you have a hard time letting go and being ‘here’ in the moment? When do you “check out”?

CHOOSE WHO YOU WILL *Disappoint*

Women carry a tremendous load. Juggling the demands of family and career requires wisdom and grace. Our calendars fill up quickly and requests on our time continue to mount. As women socialized to "be nice," it can be challenging to say no because we don't want to disappoint anyone.

But here is a hard truth: As your leadership impact grows, you will have to disappoint people. There is no way to avoid it. Choose whom you will disappoint intentionally, or you may later discover that you inadvertently disappointed yourself, your family, or those who mattered most.

Reflection

- How would you describe your current pace of life and responsibilities? Is it out of control, a little off, or just right?
- What key relationships in your life need your time and attention?
- What projects, tasks, or meetings can you postpone, delegate, or delete to free up time in your schedule?

LEAD WITH A LONG *View*

In a world filled with promises of instant gratification, it's tempting to think we should get results quickly. We want to see the fruits of our labor in a week, a month, or a year, and when we don't, the temptation to give up looms large.

God calls us to be faithful, day in and day out, persevering in the work He has called us to, and He adds the increase. Little by little, over time, it adds up in His cosmic plan. Hebrews 11:13 tells us that the heroes of our faith never received the full expression of the things they worked for in their lifetime. They saw it in their minds and never gave up hope because they lived with the long view in mind.

Reflection

- About what area of your life are you most tempted to feel discouraged because you are not seeing the kind of results you would like to see?
- What lessons have you learned, or how have you grown personally in pursuing your goal?
- How does your faith sustain you during difficult seasons with little apparent fruit?

EMBRACE DOUBT AS PART OF THE *Process*

Whether you are leading change, building a business, crafting a sermon, or fighting injustice, you will face doubt. Can I do this? Will anyone like it? Will I be criticized? What if I fail miserably?

Expect doubts to arise but refuse to let them stop you. Instead, quiet your doubts by focusing on your vision and values. Often, we view doubt as evidence that something is wrong when in reality, it means we are on the path to accomplishing our dreams.

Stop waiting for certainty to share your creativity with the world. Embrace doubt as part of the creative process and keep moving forward.

Reflection

- What values are you honoring by moving forward on your goal? Why does this goal matter to you?
- What dream do you want to pursue and know you'll regret not pursuing if you don't get started?
- How will your dream (or goal) serve others and bring good into our world?

TALK NICELY TO *Yourself*

Thoughts are powerful because they fuel our emotions and mood. The ideas in your head can be destructive or empowering, and you get to choose them.

Every human being has an inner critic, that negative inner voice that is harsh, demanding, and self-critical. That voice often gets louder when we step out, speak up, or follow a path that's important to us. Successful women pay attention to their inner dialogue and reframe their perspective to quiet the inner critic and keep moving forward.

Reflection

- What are some of the negative thoughts or beliefs you most frequently hear from your inner critic?
- When does your inner critic tend to speak up most loudly? What might your inner critic be afraid of? Is there something she is trying to protect you from?
- What about your weaknesses could also be a strength?

CLAIM YOUR *Achievements*

Research reveals that women tend to minimize their achievements, whereas men overestimate their abilities. I'm not suggesting that women act more like men because authenticity and humility are essential leadership traits. But the reluctance to honestly own our achievements may cause us to be overlooked when it's time to hand out promotions.

Speaking up about what you contribute to the team and detailing why you are qualified does not make you self-centered or self-serving. It signals that you have confidence in your abilities and are ready to take on more significant challenges.

Reflection

- If you struggle to claim your achievements, what leads you to believe that you shouldn't claim them?
- What accomplishments in your life are you most proud of?
- What value do you add to the team? (Team can be home, work, ministry, volunteer, etc.)

DON'T APOLOGIZE FOR BEING

Ambitious

Ambitious men are encouraged and applauded in our culture, but ambitious women are not so much. Many of us were taught to see ambition as unfavorable, something that will render us selfish, arrogant, and unlikeable. Girls are socialized to be cooperative, nice, and quiet, especially those raised in traditional faith communities. But the Bible doesn't teach ambition is bad. It says "selfish" ambition is bad. Ambition directed in service to others is what defines a great leader and makes our world a better place. This quality demonstrates to others that you are a leader. So set goals, take risks, and pursue your passions. Be ambitious to change the world and don't apologize for it.

Reflection

- What role does ambition play in leadership success?
- What aspirations do you hope to realize in your life?
- If you are successful at reaching those ambitions, how will others benefit? How might the world be a better place?

GROWTH

goals

After completing the reflection questions, choose 1-3 areas where you would like to improve. Write the action steps you will take to grow in this area.

GROWTH AREA:

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I COACH *Brilliant* WOMEN

Only many of them don't recognize their own brilliance, and that's where my coaching becomes a powerful catalyst for growth and change. My unique approach blends spiritual principles with practical tools to help women identify and overcome obstacles to achieve the results they want.

Through learning, reflection, and impactful conversations, I empower women to own their strengths, honor their dreams, and overcome fear and self-doubt. This co-creative relationship supports women to gain clarity, improve performance, and live with greater purpose and fulfillment.

Are you one of those brilliant women? I can help you too!

Book a FREE Discovery call today.
JeannetteCochran.com