

NOOSENS Self-Coaching | Question Yourself OUT LOUD

Leadership Skills	Self-Assessment #1	YES	NO
Intention	Do I communicate my purpose and goals clearly and resiliently, while embodying an intentional posture?		
Empathy	Do I deepen my ability to understand and connect with others' emotions and perspectives, leveraging my body in the process?		
Presence	Do I cultivate a state of being fully present and engaged in every moment, while welcoming my body's reactions?		
Resilience	Do I develop the capacity to bounce back from setbacks and adapt to changing circumstances, recording my felt-sense?		
Adaptability	Do I enhance my flexibility and ability to adjust to new situations and challenges, while inviting emotions into my decision-making process?		
Authenticity	Do I embrace and express my true self, aligning my actions with my values and beliefs, while adjusting my body language in the moment?		
Collaboration	Do I foster effective collaboration and teamwork, leveraging the strengths of individuals to achieve collective goals and promote health?		

Embodiment Skills	Self-Assessment #2	YES	NO
Intuition	Do I trust my intuition and use it to make well-informed decisions in complex situations?		
Breath Control	Do I practice conscious breathing to manage stress, improve focus, and handle emotions effectively?		
Body Awareness	Do I explore and understand my body's sensations, movements, and postures to enhance self-awareness and self-expression?		
Sensory Awareness	Am I attentive to my senses, using them to gather information and improve communication with others?		
Emotional Regulation	Have I learned techniques to recognize and manage my emotions, maintaining emotional balance in challenging circumstances?		
Intercultural Competence	Do I possess the skills to navigate cultural diversity, appreciating and understanding different perspectives?		
Non-Verbal Communication	Have I mastered non-verbal communication, effectively using body language, gestures, and facial expressions to convey messages?		