

JULIET FUNT SESSION NOTES



Juliet Funt, a globally-recognised consultant and speaker, founded WhiteSpace at Work with the mission to release the potential of companies by unburdening their talent from busywork.

PERSONAL REFLECTION

1. Write down two areas in your personal life (school, home, work, friendships, family etc.) that might be a current struggle for you. (For Example: completing assignments on time, speaking kindly to your siblings or parents, giving 100% effort when you're at work, keeping your room clean, being kind to yourself.)

AREA 1:

AREA 2:

2. Now write down what the best possible outcome could be if you 'Laddered Up' your leadership in these areas and made a few small changes.

AREA 1:

AREA 2:

3. Write down two changes you can make starting today to see the best possible outcome take place.

AREA 1:

AREA 2:



GROUP DISCUSSION


Discuss with the person next to you, what you have written down in the Personal Reflection.



NEXT STEPS

Connect with the end result of that feel good movie..

Today after you get home from the GLS NEXT GEN, get a blank piece of paper and write the 'Laddered Up - Best Possible Outcomes' on that piece of paper. Stick the paper on your wall or in a place you will see it every day and challenge yourself to remember what a better tomorrow could look like.



**"When you bring these
images to your
mind, they fortify
and fuel your energy!"**



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