

JO SAXTON SESSION NOTES



Born to Nigerian parents and raised in London, England, Jo Saxton brings a multicultural and international perspective to leadership. She has served on staff teams in churches in the UK and the USA and is the founder of the Ezer Collective, an initiative that equips and invests in women leaders. Saxton co-hosts the podcast Lead Stories: Tales of Leadership and Life with Steph O'Brien and has authored three books, including The Dream of You.

PERSONAL REFLECTION

Jo Saxton asks three very important questions that as growing leaders we must address to reach our full potential. Work through these questions below for yourself.

Rate yourself below.

1. The perception of how others see me impacts how I view myself

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

(1 = Not at all 10 =Yes Totally!)

2. If your body could talk to you, what would it want to say?
Write out your thoughts below:

3. Rate yourself on this statement: "I think it's time to pay closer attention to my mental and emotional health?"

1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10

(1 = Not at all 10 =Yes Totally!)

**“Who were you,
before anyone
told you who you
were supposed
to be?”**

“Level up your leadership, not your loneliness. Build friendships, people who see you and know you.”



4. Who are your people? Write out a list of people who you know, trust, and want to give access to speak into your life.



NEXT STEPS

1. This week approach one or two trusted people and invite them to support you in your leadership journey. Give them permission to speak into your life if they see things aren't going well.

2. Go to www.josaxton.com/gls2019 and continue to level up your leadership!



“You don’t think your way into a new kind of living. You live your way into a new kind of living.” - Henri Nouwen