

HEALTHY RHYTHMS COACHING

THE LEADERSHIP RESET

A 20-minute reflection for leaders navigating change

Navigate change. Imagine what could be.
Lead without losing yourself.

CREATED BY DR MARK DUNWOODY

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Inspired by The Imaginal Coach and Healthy Rhythms for Leaders

When the old map no longer works

Leadership can be demanding, especially when the familiar answers no longer fit. You may be carrying difficult decisions, competing expectations, and the pressure to keep moving. This is not another task to add to your list. It is a brief space to think.

Choose one real leadership challenge. Work through the prompts slowly. You do not need perfect answers. The aim is to notice, reframe, and choose a wise next step.

Your challenge in one sentence:

Before you begin: what would make these 20 minutes genuinely useful?

01 Celebrate

Pressure can narrow our attention to what is missing. Begin by noticing what is already present.

“Most already have far more wisdom than they realise.”

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What has gone well recently, even if it seems small?

What strengths, relationships or resources are already helping?

02 Review

Look at your situation with curiosity rather than judgement. Separate what is happening from your interpretation of it.

“Something needs to be seen differently.”

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What is actually changing in your leadership context?

What is draining energy, and what is giving energy?

03 Reflect and reframe

An imaginal approach asks what becomes possible when we question the story we are telling about the challenge.

“Transformation rarely happens in comfort; it happens when we allow the space between fear and hope to stretch us into who we’re becoming.”

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What assumption am I treating as a fact?

If I viewed this situation from another perspective, what new possibility might appear?

04 Respond

Clarity becomes useful when it shapes a choice. Choose a small experiment, not a heroic overhaul.

“Humans change through conversations.”

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What is one meaningful action I can take within seven days?

Who needs to be involved, listened to or invited into the conversation?

05 Rhythm

Sustainable leadership depends on patterns that support attention, relationships and renewal.

"I don't believe making a meaningful contribution should require losing yourself in the process."

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What rhythm of reflection, rest or conversation would help me sustain this change?

What will I stop, protect or simplify to make room for it?

My seven-day leadership reset

Use this page to turn your reflection into a manageable experiment.

The situation I am facing

The perspective I want to practise

My next meaningful step

The rhythm that will support it

When I will review what I learned

Continue the conversation

You have taken time to notice what is happening, imagine what could be and choose a next step. That is often where meaningful change begins.

I am Dr Mark Dunwoody, an international leadership coach, author and educator based in Northern Ireland. My work brings together leadership coaching, adaptive change, imagination and sustainable rhythms. I have worked with leaders and developed coaches connected with more than 30 countries, and teach and supervise at postgraduate and doctoral level.

Explore more ideas in The Imaginal Coach, Healthy Rhythms for Leaders, and my weekly reflections.

EXPLORE LEADERSHIP COACHING

<https://healthyrhythms.org/leadership-coaching/>

READ THE REFLECTIONS

<https://healthyrhythms.org/reflections/>

START A CONVERSATION

<https://healthyrhythms.org/contact/>

Meaningful change begins with space to see differently.

Type into the reflection boxes, then save a copy of this PDF.

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