

## INSPIRATION

Focus on creating energy! Give some time and space to building **INSPIRATION** for you and your team.

It is easy to become overwhelmed by all the jobs on the list so give yourself a break and put **INSPIRATION** at the top of that list.

Who will **you** inspire this week?

Try consciously thinking about how you model inspiration to those around you.

**Who inspires you?**  
Spend some time watching, reading about or being with that person.

Be a **CHAMPION**.  
Look for inspirational practice, notice and celebrate it.

Find out what inspires your team. It may well be different for each member of your team and could challenge your assumptions!

Check out your vision. Are you still inspired by it? Does anything need to change?

If you work in a team ask the question -  
**How inspirational are we?**

**CHECK OUT OUR YOUTUBE CHANNEL. We post a vlog 3 times each week.**



**Monday:** Leadership ideas and resources that you might find useful or interesting.



**Wednesday:** PowerUp! Ideas to boost resilience and positivity.



**Saturday:** Bookshelf - A dip into some of the stuff we have been reading.

We share our resources because we have the opportunity to explore ideas that you might find interesting or be beneficial for you and your team.

**PLEASE SUBSCRIBE: Signpost Coaching Services YOUTUBE CHANNEL TO ACCESS MORE FREE RESOURCES**