



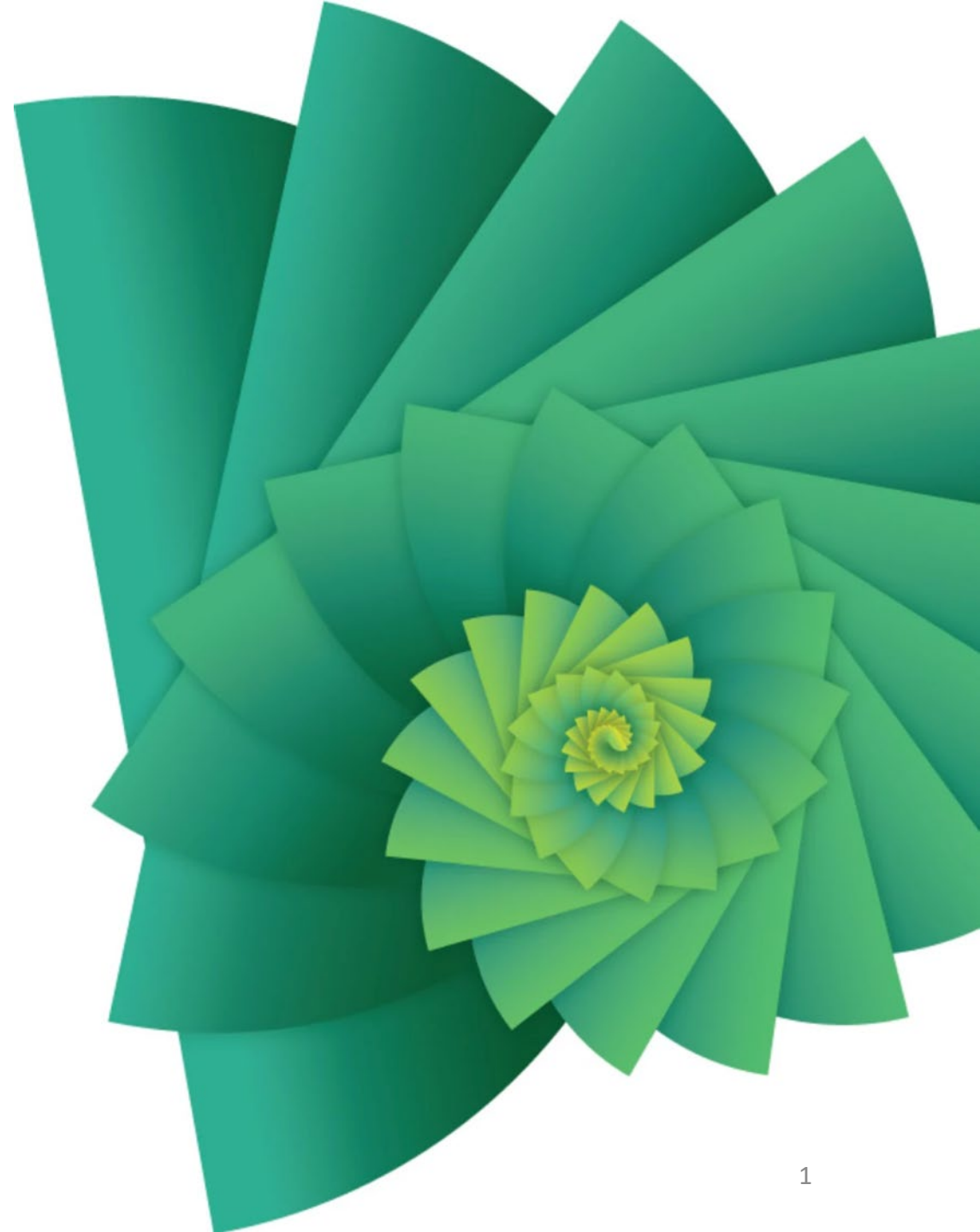
**Institute of Coaching**

McLean, Affiliate of  
Harvard Medical School

# Fireside Chat

**SALLY HELGESEN  
JEFFREY HULL, PHD**

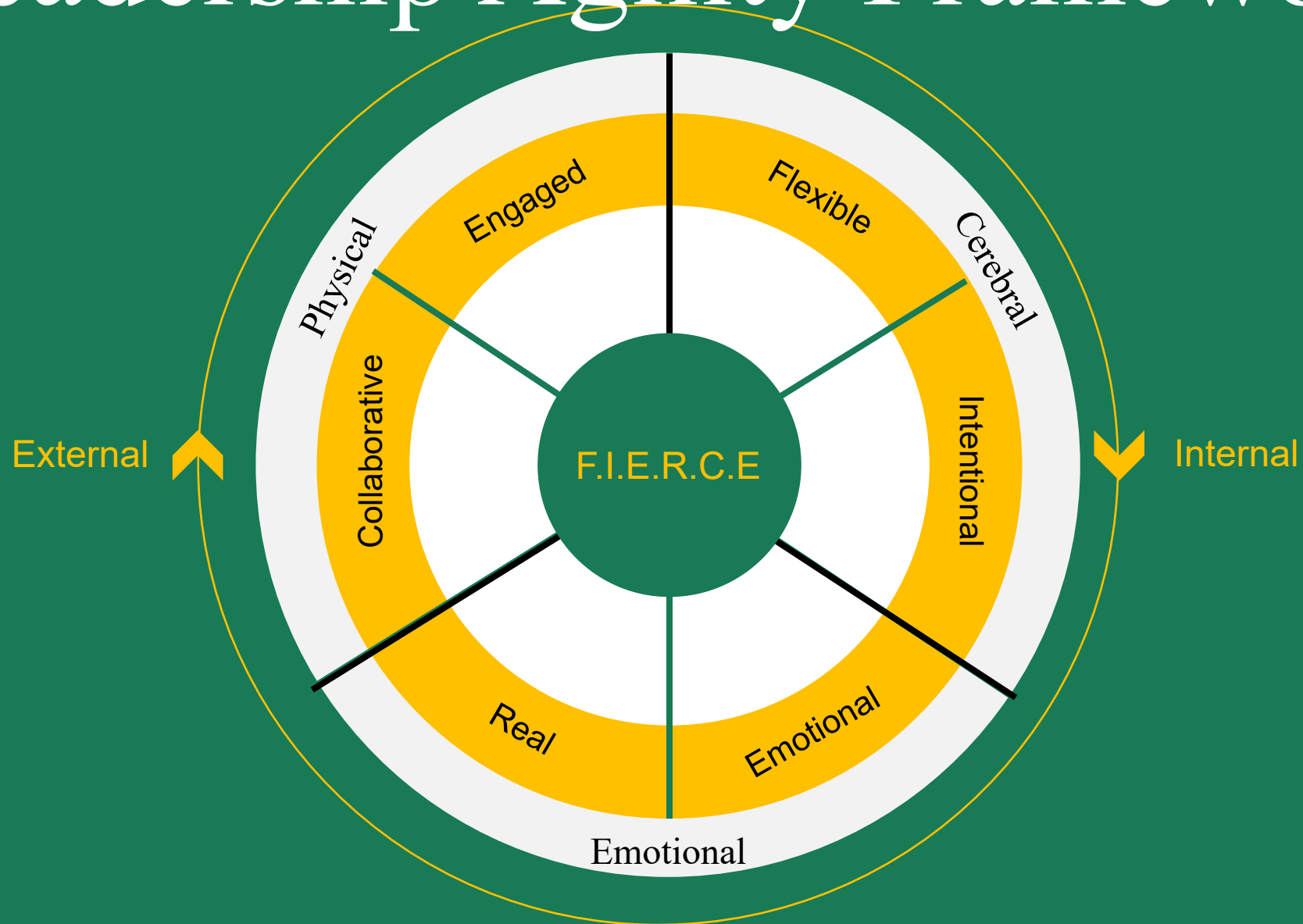
May 27, 2020

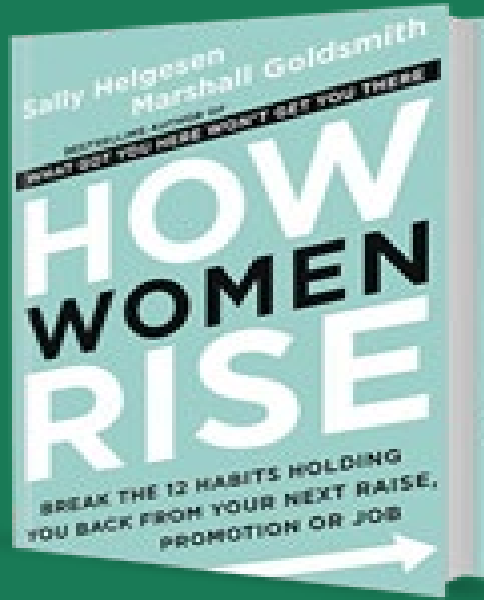


# The 12 Habits That Hold You Back

- 1: Reluctance to Claim Your Achievements
- 2: Over-valuing Expertise
- 3: Not Enlisting Allies From Day 1
- 4: Expecting Others to Spontaneously Notice or Reward You
- 5: Not Leveraging Relationships
- 6: Focus on Your Job Instead of Your Career
- 7: The Perfection Trap
- 8: Minimizing
- 9: Rumination (Instead of Decision)
- 10: The Disease to Please
- 11: Being “Too Much” (of anything!)
- 12: Following Your Radar to Distraction

# Leadership Agility Framework



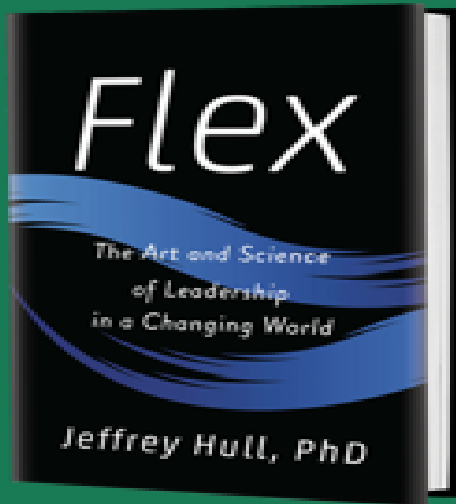


## **HOW WOMEN RISE: Break the Twelve Habits Holding You Back From Your Next Raise, Promotion or Job**

Sally Helgesen & Marshall Goldsmith

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Thank You!



## **FLEX: The Art and Science of Leadership in a Changing World**

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