

# Take the First Step in Becoming an Effective Leader

*An Activity about Reactivity*

*How do you react when something at work  
doesn't go as planned?*

*What's your state of mind in the days leading up  
to an important meeting?*

*What's your go-to strategy when your calendar  
is jam-packed, your task-list seems to be  
never-ending, and your inbox is overflowing?*

**This reflection activity will give you insight  
into a fundamental skill in  
becoming a conscious leader:  
the ability to identify, understand,  
and process your personal reactivity.**







## The Science of Reactivity

As we said in the introduction, a fundamental skill in becoming a conscious leader is **identifying, understanding, and processing** your personal reactivity.

As humans, we evolved with a reactive part of our brain—the amygdala—which, thousands of years ago, was critical to our survival. Being able to sense a threat and quickly respond to protect ourselves was vital to staying alive.

Today, however, with our physical safety relatively assured, the reactive mind can contribute to thoughts and behaviors that are not only *not* helpful to us, but can actually be harmful. The amygdala doesn't differentiate between a physical threat and a threat to our self-esteem, ego, sense of control, or other psychological “threats,” so it reacts to these intangible threats in the same way that it would to physical ones: by triggering physical and emotional responses in us.

These bodily sensations and reactive feelings can lead to actions you later regret or endless rumination that saps your energy and time—all of which severely limit our ability to effectively lead our teams. But take heart: You can start to understand when and how you react in ways that aren't serving you, and you can take steps to shift your mindset and behavior to become a more effective leader—of yourself and your team.

## Reflect on Your Own Reactivity

To begin working with your reactivity, it's helpful to reflect on how much of your daily life you spend in a reactive state and how often you behave according to your reactivity (as opposed to creating space for thoughtful response), which is what you did here.

Take some time to sit with your reflections and see how you feel about what has emerged. The goal here is to become aware of your reactivity and how often you might be showing up from that space instead of from a conscious, responsive one.

If you find that you are high on the scaled answers and/or you feel angry, anxious, tense, or triggered in some way around what this reflection has surfaced, you may consider how much of your time and energy are being dictated by your reactivity. Without realizing it, your reactive tendencies could be having [serious adverse effects](#) on your relationships and personal well-being.



## Intrigued?

Ready to take the next step in becoming a more effective leader? We invite you to learn more about our **Intro to Conscious Leadership** workshop. During this brief development experience, you'll explore how your personal reactivity is influencing the way you lead, how to process those emotions in healthy ways, and how you can lead through motivation and trust.



Contact us to learn more:

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We'd love to help you on your journey  
to becoming the leader your team  
is waiting for—and you know you can be.

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