

Staples

CORE SKILLS & COMPETENCIES

The everyday essentials. Leaders build from these — they form the foundation of consistent, credible leadership.

- Cheddar**
Clarity & Communication
- Brie**
Empathy & Warmth
- Honey**
Deep Listening
- Goat Cheese**
Adaptability & Creativity
- Salami**
Accountability & Follow-Through
- Prosciutto**
Decisive Action
- Crackers**
Structure & Boundaries
- Grapes**
Optimism & Positivity
- Olives**
Resilience
- Nuts**
Critical Thinking & Wisdom
- Fig Jam**
Storytelling & Inspiration
- Pepperoncini**
Challenger Energy
- Candied Ginger**
Curiosity & Learning Agility
- Dark Chocolate**
Coaching & Development
- Burrata**
Collaboration & Partnership Building
- Rainbow Carrots**
Inclusion & Belonging
- Aged Balsamic**
Integrity & Ethics

Choose your ingredients. Blend with intention. Lead with impact.

Spices

META-SKILLS & AMPLIFIERS

These don't stand alone — they amplify and elevate everything around them. A little goes a long way.

- Sea Salt & Pepper**
Inner & Outer Confidence
- Chili Flakes**
Courage & Boldness
- Lemon Zest**
Self-Awareness & Bias Recognition
- Smoked Paprika**
Judgment & Calibration

Special Reserve

TRANSFORMATIONAL & FUTURE-DEFINING

Rare, complex, and transformational. These ingredients set leaders apart — and change everything they touch.

- Black Garlic**
Innovation & Future Thinking
- Truffle Oil**
Tech Savviness & Digital Fluency
- Dried Apricots**
Change Leadership & Agility
- Aged Parmesan**
Strategic Thinking & Vision

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