



Women of Wellness

Stronger together through .love

Power Skills Reframing Exercise

Instructions: From Chapter 2, list 3-5 of your "soft skills" (e.g., empathy, collaboration). Reframe each as a strategic asset using the book's examples. Then, brainstorm 2-3 practical applications in your leadership or organization.

Soft Skill	Strategic Reframe (Empathy, Stakeholder understanding)	Applications/Brainstorm
1.		
2.		
3.		
4.		
5.		

Reflection: How does reframing these skills change how you view your leadership strengths?

Action: Apply one reframed skill in your next meeting and note the impact.