

Turning Values & Strengths Into Everyday Actions

Behaviours are the visible expression of who we are, the bridge between our intentions and our impact.

They shape trust, collaboration, culture, and the way people experience us.

When you understand your behaviours, you gain the power to shift them, and with that, the power to shift your impact.

What behaviours Really Are...

Behaviours are the patterns, habits, and actions people can actually see. They're shaped by your values, your strengths, your beliefs, and your environment.

Behaviours matter because they...

- Influence how others experience you
- Build or erode trust
- Shape team culture
- Reinforce (or undermine) your intentions
- Create your reputation

Your values tell you what matters, your strengths tell you what energises you, your behaviours show the world both.

How They Shape Culture

Every behaviour sends a signal.

Some behaviours build psychological safety, connection, and collaboration.

Others, even unintentionally, create tension, distance, or uncertainty.

Behaviours That Build Impact...

- Listening fully
- Following through on commitments
- Asking curious questions
- Naming challenges with kindness
- Sharing credit generously

Behaviours That Erode Impact...

- Interrupting
- Withholding information
- Reacting defensively
- Avoiding difficult conversations
- Making assumptions
- Taking all the credit

Your behaviour is often the difference between a team that thrives and a team that struggles. Changing behaviour doesn't require a personality overhaul, it requires awareness, intention, and small, consistent actions.

Awareness

Noticing patterns, triggers & default reactions

Reinforcement

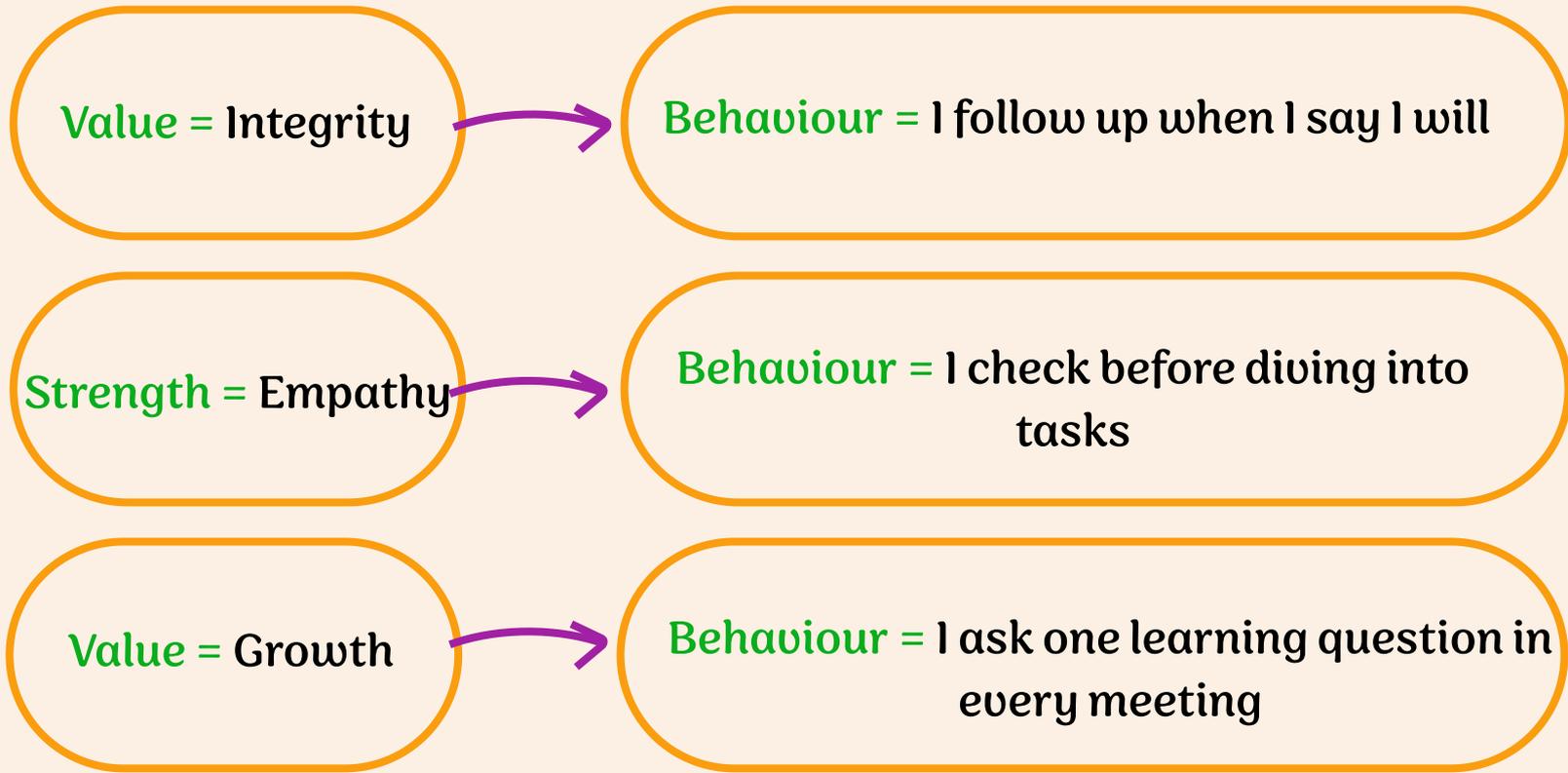
Celebrating progress, tracking wins & creating accountability

Micro Behaviours

Tiny, repeatable actions that create big impact over time

Shifting Behaviour

A powerful way to shift behaviour is to choose one value or strength and design a behaviour that expresses it daily.



Behaviour change becomes real when you commit to something specific.

Try writing a simple statement...

One behaviour you want adopt

Why it matters

The first step you'll take

Mini Reboot Practice

3 Tiny ways to reset your behavioural impact

1. The One breath Pause

Before reacting, take one slow breath and ask:

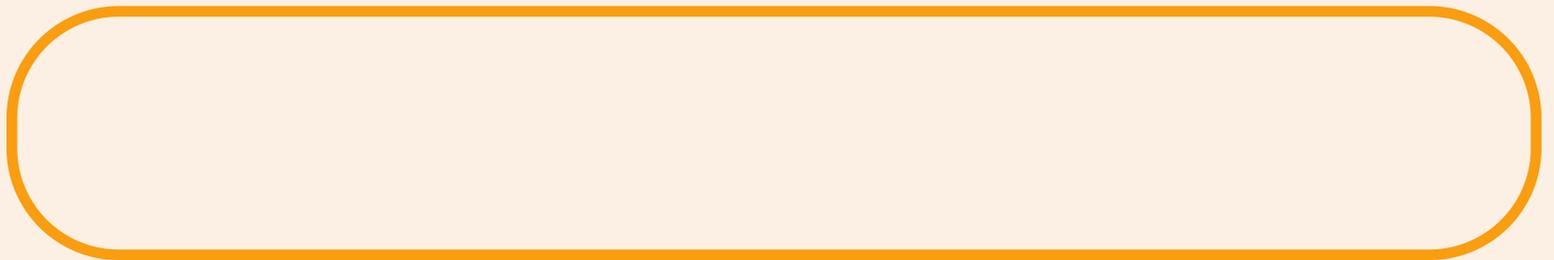
“What behaviour would future me be proud of?”

This creates space for choice instead of autopilot.

2. The Micro Behaviour Move

Choose one behaviour and practise it for just one interaction today.

Small actions compound into big shifts.



3. The Alignment Check

At the end of the day, ask:

“Did my behaviour reflect my values and strengths?”

If not, choose one tiny adjustment for tomorrow.



Your behaviours are your impact in motion.

When they align with your values and strengths, you show up with clarity, confidence, and authenticity – and the people around you feel the difference.