

***This is a draft version of the workbook
and is subject to further change.
Please do not circulate beyond your
team.***



Compassionate Employers

CHAPTER 3- Worksheet: individual activity

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Worksheet: individual activity

'Being the manager I want to be' activity

Often, we don't have capacity to think about own leadership style. However, it can be helpful to take some time reflect on our values as a manager and who we want to be.

This can help inform our actions and how we want to show up for our team whilst acknowledging the barriers we may face.

Important note!

Individual activity guidance

- You do not need to answer any questions that feel too personal, unsafe or difficult.
- Pause at any point.
- If this content brings up distress, speak to someone you trust and access your organisation's support routes, such as your manager, supervision, occupational health, Employee Assistance Programme , HR, GP or urgent support if needed.

Be kind to yourself! Take your time when reflecting on these questions. It is ok if you don't know.



What do I want to be known for as a leader?

e.g. compassion, reliability, drive

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How can I move towards these aims?

e.g. reflection, selfcare, mindfulness

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What can interfere with these aims?

e.g. lack of focus, burnout, distractions, conflicting priorities

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How might this show up in my leadership?

e.g. too busy, lack of strategy, avoidant, unapproachable

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