

The AH-HA Moments Leadership Framework

Leading from Overflow, Not Obligation

"A woman who rises lifts every woman in her wake."

You've Arrived Here Because...

- ✓ Your journey from fog to clarity is complete
- ✓ You're ready to guide others through their journey
- ✓ Leadership feels like service, not status
- ✓ Your success now has sacred purpose

1

The Leadership Readiness Assessment

Ensure your cup is full before you pour

2

The Rise Model™

Your framework for lifting others

Tool #1: The Leadership Readiness Assessment

Rate yourself (1=Needs Work, 5=Solid):

PERSONAL FOUNDATION

- I maintain healthy boundaries: ____
- My vision energizes rather than exhausts me: ____
- I practice what I'll teach: ____
- I rest without guilt: ____
- My support system is strong: ____

LEADERSHIP CAPACITY

- I can hold space for others' struggles: ____
- I share credit generously: ____
- I've healed my own wounds: ____
- I celebrate others' wins genuinely: ____
- I speak truth with love: ____

 Score 40-50: **Ready to rise and lead!**

Score 30-39: Almost there - shore up weak areas

Score Under 30: Keep building your foundation

Tool #2: The Rise Model™

Your framework for lifting others



R - RECOGNIZE where she is

- Listen for the fog, not just the facts
- Validate without rescuing
- Mirror her strength back to her



I - ILLUMINATE her next step

- Share tools, not just advice
- Ask questions that unlock answers
- Light one candle, not the whole path



S - SUPPORT without enabling

- Create structure, not dependency
- Celebrate progress, not just outcomes
- Model boundaries gracefully



E - EMPOWER her to lead others

- Share the framework, not just the solution
- Build leaders, not followers
- Multiply impact