

The AH-HA Moments Leadership Framework

Leading from Overflow, Not Obligation

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

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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

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Made with GAMMA

Tool #1: The Leadership Readiness Assessment

Ensure your cup is full before you pour

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: ____

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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.I.S.E. Leadership Approach:

1

R - RECOGNIZE where she is

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

2

I - ILLUMINATE her next step

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

3

S - SUPPORT without enabling

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

4

E - EMPOWER her to lead others

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

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