

Choose Uspire. Choose growth.

We're redefining how leadership, business advisory and transformation are delivered.

Our brands specialise in building and inspiring confidence, capability, and connection in leaders and your teams.

It starts with listening. Get in touch with our team to arrange a complimentary discovery session - we'll tune into your goals, challenges, and vision to create the perfect solution to power your business journey.

team@theuspiregroup.com



Illustration and design created by
Fran O'Hara, Scarlet Design.



My role model

Blueprint



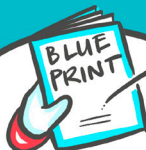
Name _____

Date _____

Role models can influence our lives in ways that are impactful at the time, and arguably more powerful when we look back over the years. But what makes an inspiring mentor?

The truth is, role models come in all shapes, styles, and volumes. They aren't always the loudest in the room or the ones making headlines. Sometimes they're quiet, humble, and may not even realise they are acting as a role model.

Chances are, you're already a role model. The real question is: *Am I the kind of role model I want to be?*



Use this booklet as a blueprint throughout today to explore your influences, reflect on your leadership, and unlock the **ultimate role model in you.**

My very **first role model** was:

A moment **when I first felt inspired** was:

The role model **who inspires me now** is:



Key characteristics
of a **good role model** are...

Say

Think

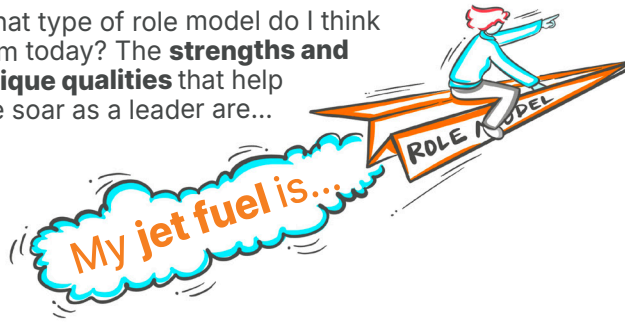
Do

Feel

Observed

Inferred

What type of role model do I think I am today? The **strengths and unique qualities** that help me soar as a leader are...



Future me
The role model I want to be is...

Micro moments

Small, consistent behaviours that make a difference

Mic-drop moments

Big impact behaviours that leave a lasting impression

Eyes

I look beyond my immediate environment, to make meaningful connections with others and see where I can offer support. I'm always looking forward and focussing on what matters for my team and the wider business.

Shoulders

I take full responsibility for the performance of my team, and can be relied on to deliver. I accept criticism with broad shoulders, and learn from my mistakes.

Stomach

I trust my gut and show belief in myself and my team.

Spine

I show courage and backbone and stand up for what matters to my team.

Mind

I'm mindful of the needs of others, and always open to new perspectives and lived experiences.

Ears

I listen in order to learn and understand and ensure everyone has a voice.

Mouth

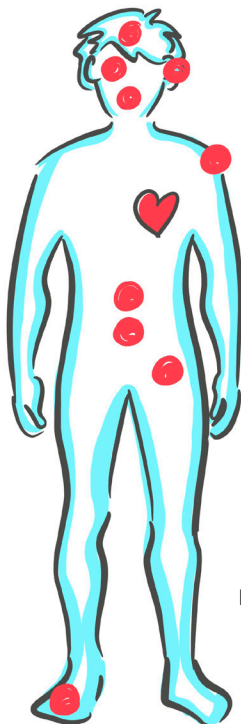
I speak with clarity and conviction, and make sure everyone understands what's expected of them. I bring smiles and optimism each day, and make everyone feel welcome.

Heart

I show how much I care, and am not afraid to be honest and open-hearted. I show empathy, and consider the feelings of others.

Feet

I walk the walk and lead by example. I put my best foot forward and set the direction for others. I stay grounded and in tune with my team.



What's keeping me from taking off?

Habits and behaviours that may be holding me back are...



Anatomy of a Leader

My Role Model Blueprint

It's time to turn all of this into a clear commitment!

How I'll apply my role model blueprint into **everyday leadership...**

I'll **measure my impact** as a role model by...

One action to grow my influence as a role model is:

I'll **track my progress** by...

One step I'll take to find my next mentor/role model is:

