



# LEADERSHIP CARDS

# Leadership Cards

Today's mental health crisis calls for more from leaders. Creating environments that foster a sense of belonging and safety are critical ingredients for employee mental health and well-being.

How you show up as a leader matters. These Leadership Cards depict five different leadership styles and are intended to help start a conversation. We encourage you to read through these cards to reflect on how you lead. Give kudos to yourself for when you "rise to the occasion." And be courageous about knowing when you could do better.

The good news? We're all capable of becoming leaders who inspire health, happiness, and productivity throughout our workforce. The key is to start with ourselves, taking care of our own well-being so that we can provide meaningful support for our teams.



# The People Person

The People Person knows how to build relationships. Kind, supportive, and always respectful, this leader is a touchstone for others through times of change and uncertainty.



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# The Task Master

Performance-driven, the Task Master has a laser focus on meeting goals. This leader rewards those who accomplish job assignments and provides corrections for those who fall short.



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# The Absent Parent

The Absent Parent has a laissez-faire style that keeps everyone at arm's length. This leader often avoids making decisions and is reticent to take action.



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# The Destroyer

The Destroyer has no tolerance for mistakes. Quick to frustration and even aggression, this leader tends to blame others, sometimes resorting to mockery and dismissive language.



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# The Transformer

Inspiring and charismatic, the Transformer engages the team in expansive thinking. By focusing on the needs of others, this leader naturally motivates people to believe in what's possible.



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## Ready to invigorate your company?

Motion Infusion is a global leader in well-being and employee engagement programs that actually work. Services include keynotes, leadership and team development, and train-the-trainer programs. Additionally, we offer innovative and interactive curriculum products.

Feel free to reach out!

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These Leadership Cards were prepared for and with The INGAA Foundation, Inc. for the Leading Well-Being Workshop Series.

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