

NLC NATIONAL LEAGUE OF CITIES

RISC RISK INFORMATION SHARING CONSORTIUM

REAL STRENGTH: TOOLS & IMPEMENTATION STRATEGIES

Sarah Draper

October 26 | 11:00 a.m. - 12:00 p.m.

REAL STRENGTH

Tools & Implementation Strategies

Sarah G. Draper

Leading Well Strategies

AGENDA

STRength Check

Deep Dive

Transitions

Future Walk

RIPPLE Effect

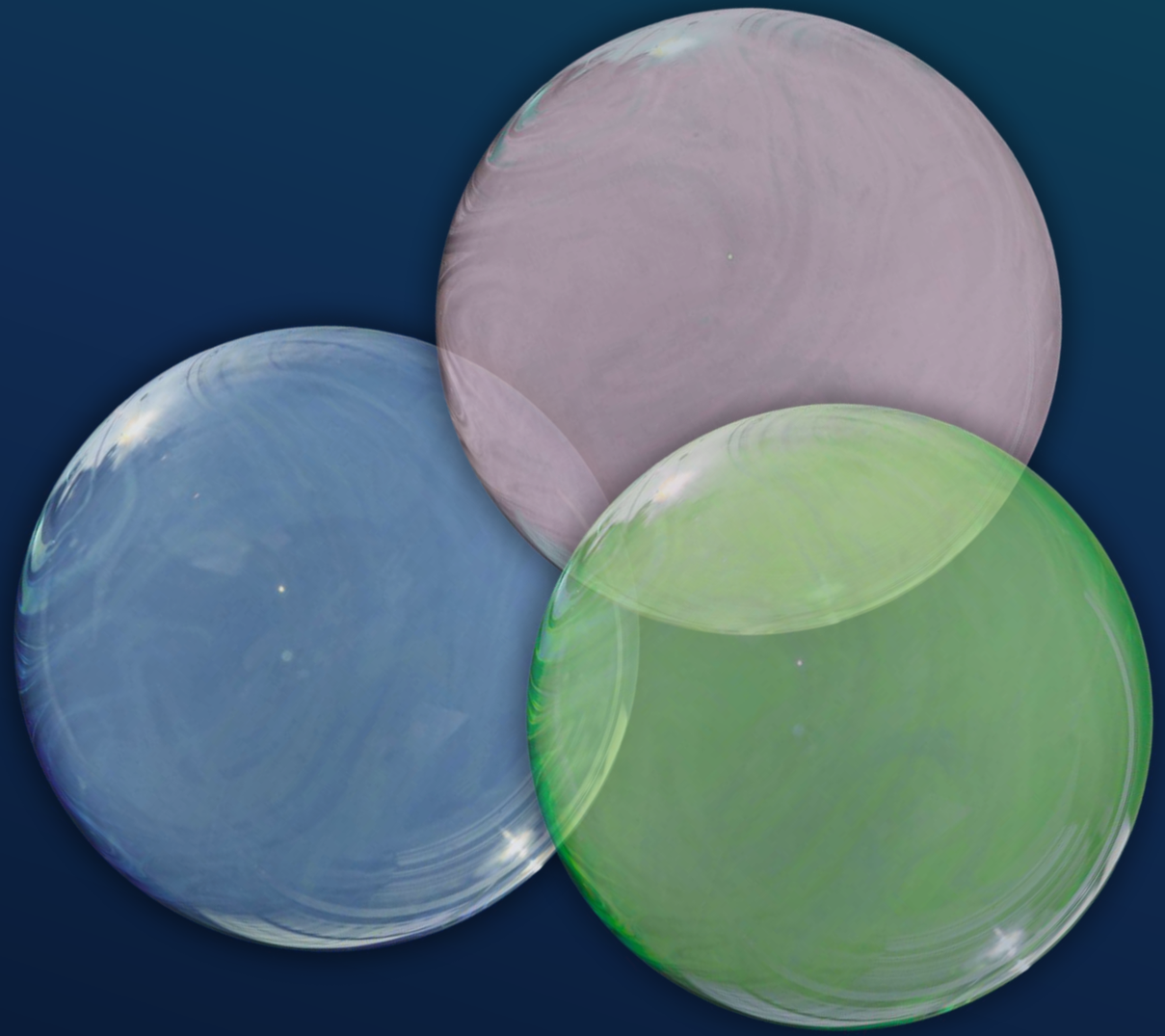
Leading
Well
Strategies

I

STRENGTH CHECK

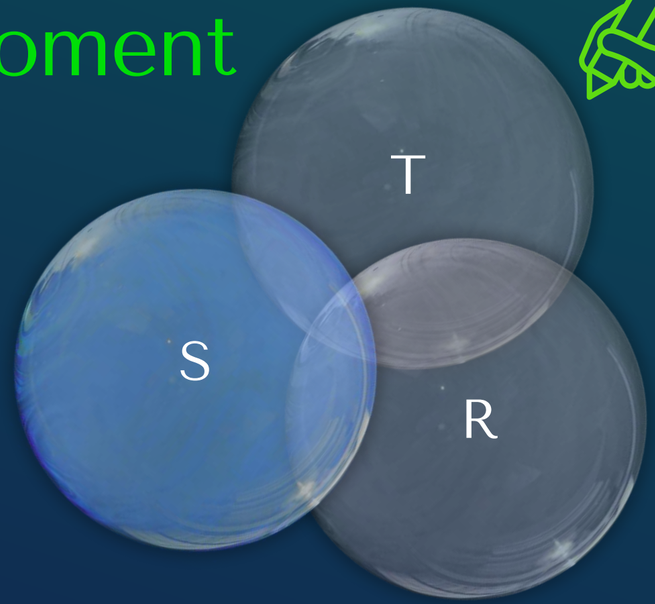


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STATE: How you feel in the moment



How well do you regulate and care for your physical state?

Rate yourself High-Medium-Low:

- High = I have go-to tools I use regularly to build and regulate my state
- Medium = I know some tools but don't use them consistently
- Low = I don't have tools for in-the-moment regulation

My STATE rating: _____

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TRAIT: Who you are becoming



How intentionally do you develop your mind and mindsets?

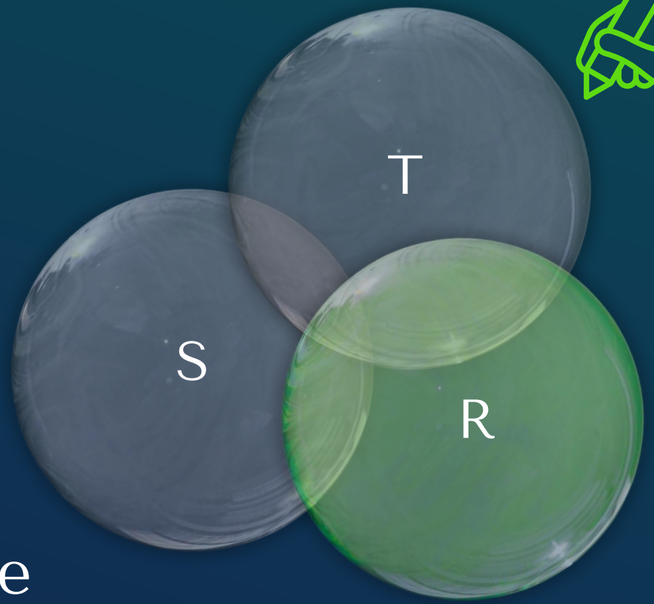
Rate yourself High-Medium-Low:

- High = I regularly work on my mindsets and emotional growth
- Medium = I think about it but don't practice consistently
- Low = I avoid this work; it feels uncomfortable or unnecessary

My TRAIT rating: _____

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RELATE: Your why



How actively do you invest in relationships, purpose, and communication?

Rate yourself High-Medium-Low:

- High = My relationships and sense of purpose are strong and intentional
- Medium = I maintain relationships but don't prioritize deepening them
- Low = I'm isolated or going through the motions; connection feels hard

My RELATE rating: _____

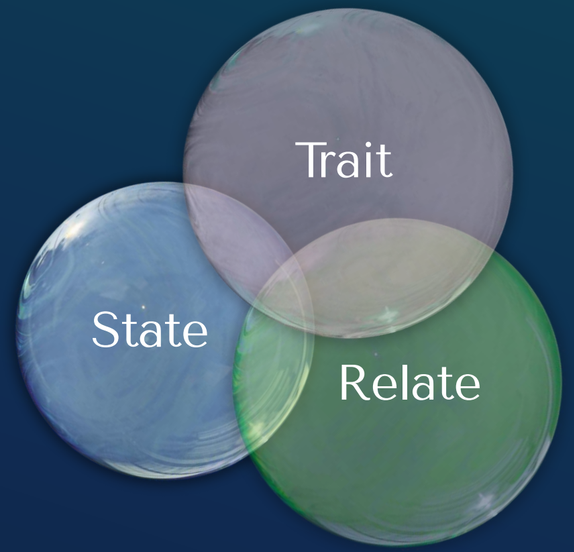
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STRength Gap

Which dimension did you rate highest?

Which dimension did you rate lowest?

Why do you think that is?



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II
DEEP DIVE



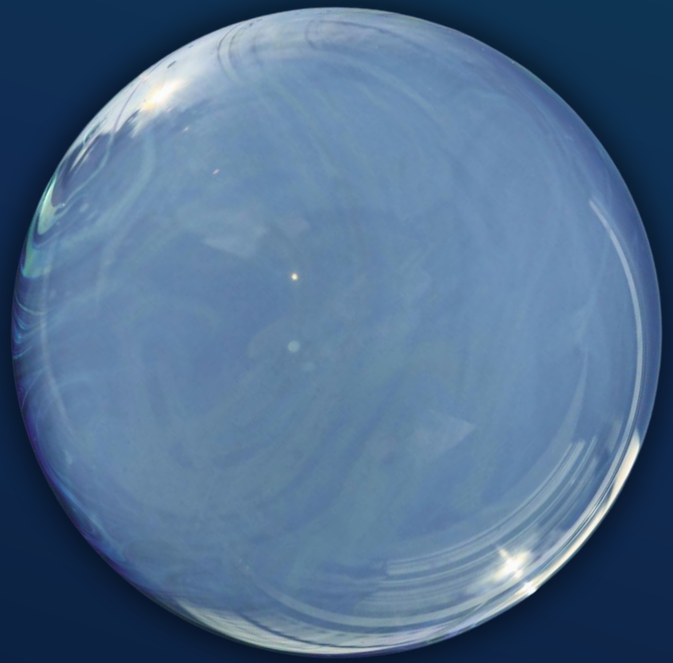
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Regulate your STATE

breathwork

posture

panoramic vision



yoga nidra

cold / heat exposure

sound

movement

light timing

nature

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SURVEY

Which STATE tools do you want to learn?

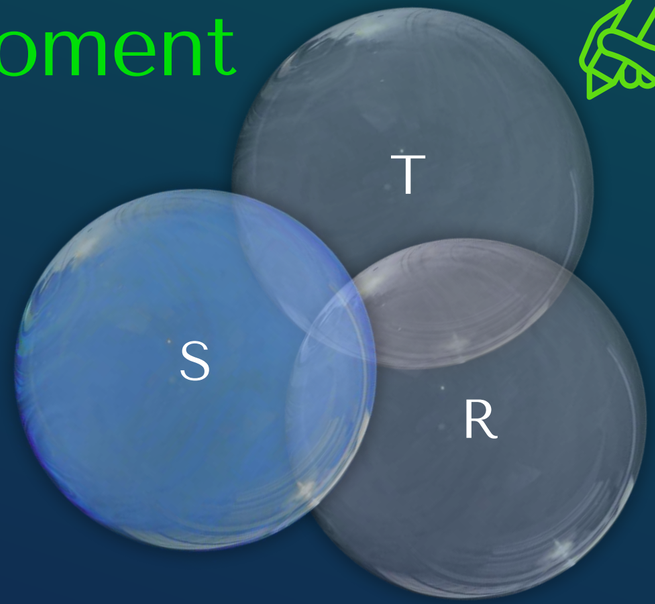


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Waiting for participants

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STATE: How you feel in the moment



My STATE rating: _____

Identify 2-3 STATE tools you'll practice

Breathwork, Nature, Light Timing, Pano Vision, Posture, Movement, Yoga Nidra, Cold/Heat, Sound

+

Sleep, Exercise, Nutrition, Hydration

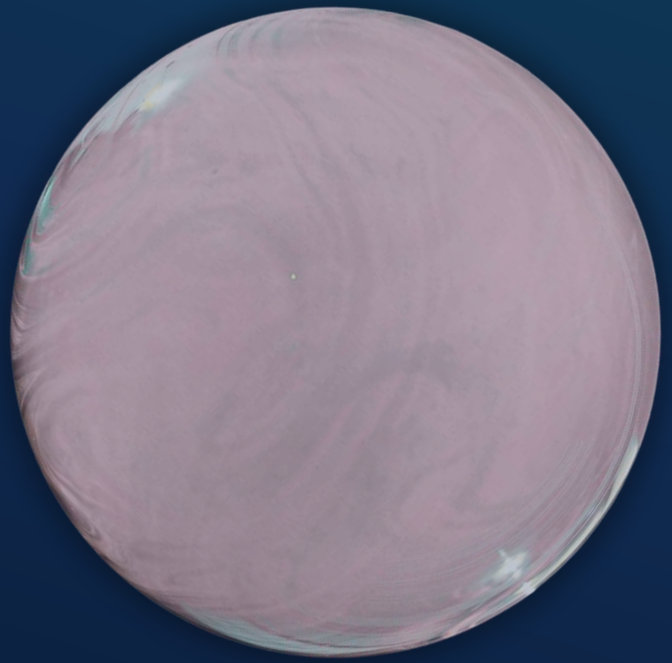
Leading Well Strategies

Cultivate your TRAITS

gratitude

EFT
(tapping)

therapy



meditation

self-hypnosis

growth &
learning

journaling

mood
tracking

strengths

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SURVEY

What TRAIT tools do you want to learn?

Gratitude	Therapy	Self-Hypnosis	Journaling	Stengths	Mood Tracking	Learning & Growth	Meditation	EFT (Tapping)
0	0	0	0	0	0	0	0	0

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Waiting for participants

Leading Well Strategies

TRAIT: Who you are becoming



My TRAIT rating: _____

Identify 2-3 TRAIT tools you'll practice

Gratitude, Meditation, EFT (Tapping), Strengths, Therapy, Coaching, Self-Hypnosis, Journaling, Mood Tracking

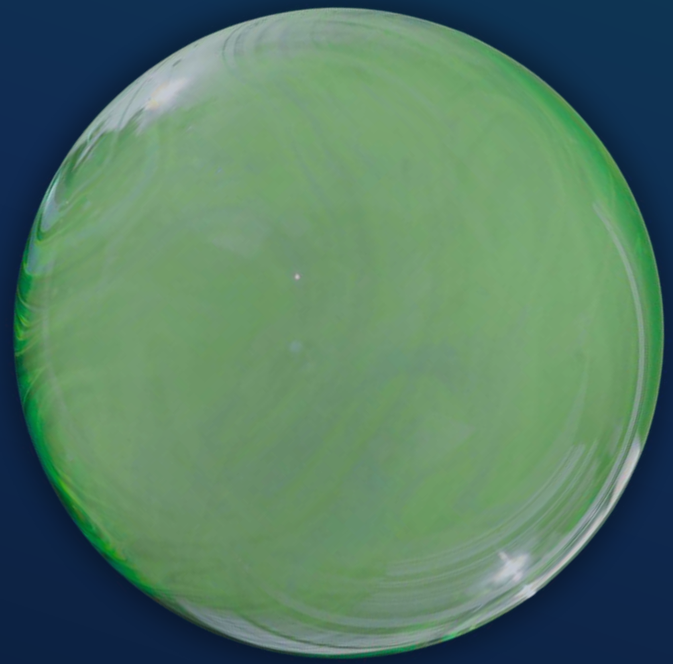
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Elevate how you RELATE

relationships

purpose &
meaning

mantra



communication

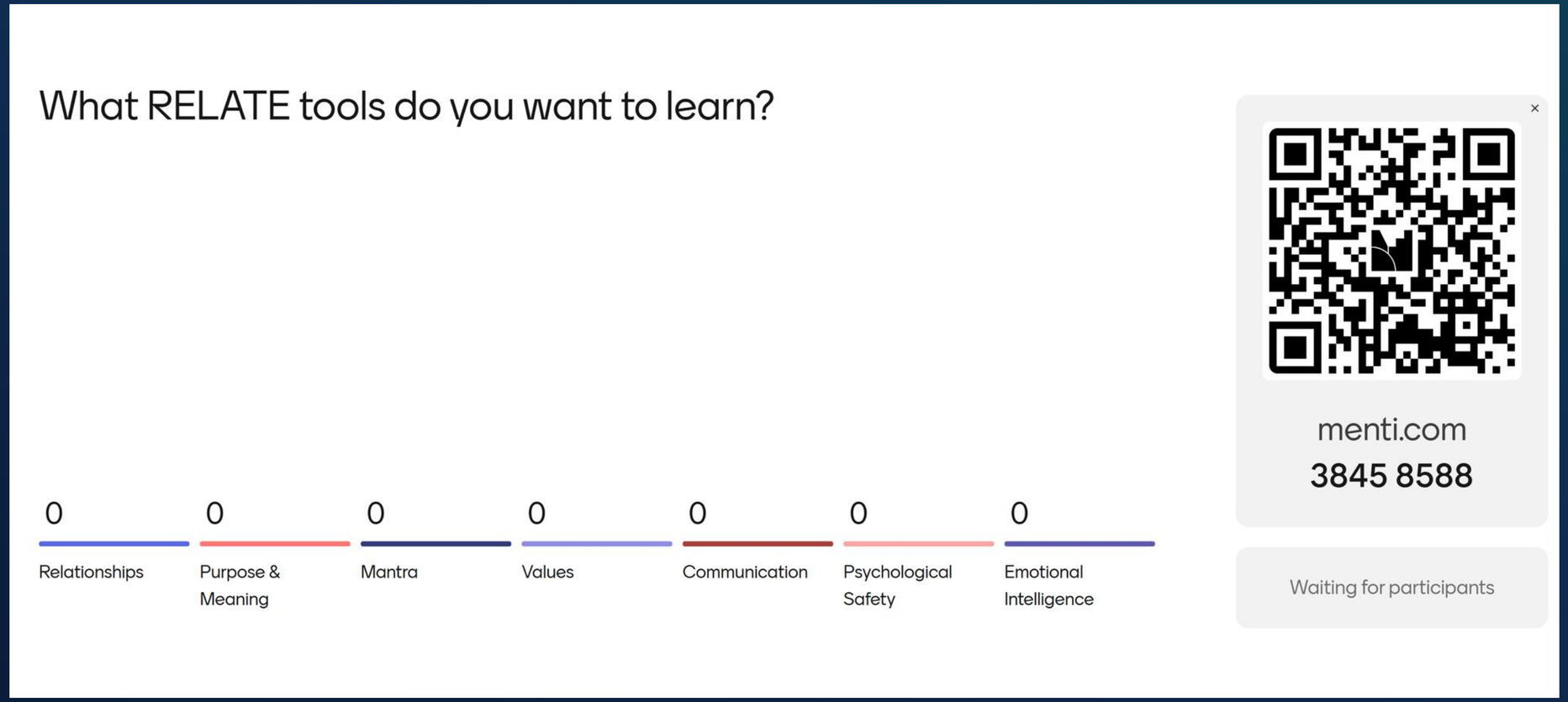
psychological
safety

values

emotional
intelligence

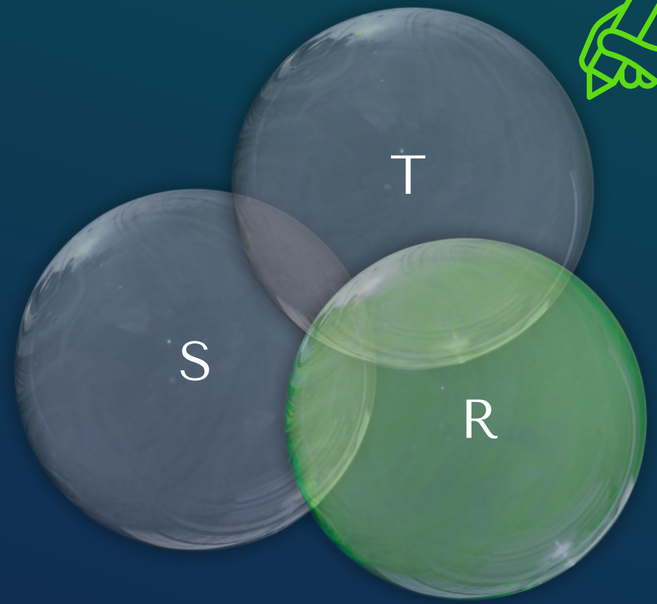
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SURVEY



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RELATE: Your why



My RELATE rating: _____

Identify 2-3 RELATE tools you'll practice

Purpose & Meaning, Mantra, Relationships, Values,
Communications, Emotional Intelligence, Psychological Safety

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III
THINK STRENGTH



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Transitions



- Preparing for the day
- New task
- Mundane task
- Communications
- Managing the stresses of the day
- Going home
- Family time
- Going to sleep
- ?

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IV
FUTURE WALK



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Future
Walk

the condition

for your best work

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Antidote



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Antidote





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Antidote







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Strategies

Antidote











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Future Walk



- Increases creativity
- Restores cognitive function
- Reduces stress
- Shifts you out of survival mode
- Creates psychological safety

- Brain stages

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Future Walk Guidelines

- ∅ No phones
- 🌳 Outdoors
- ↗ Moderate pace
- ◎ Future-focused only
- ▤ Journal when done



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Future Walk Types

Daily

- antidote to reaction

- 10-15 min
- solo
- focused on the rest of the day you're in

Reconnection

- antidote to disconnection

- 20-30 min
- solo or life partnered
- focused on the next week

Strategic

- antidote to survival mode

- 20-30 min
- solo or work partnered
- focused on the next month or quarter

Visioning

- antidote to drift

- 30-50 min+
- solo or with a coach/mentor or life partner
- focused on 3-5 years into the future or beyond

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Future Walk Prompts



Solo

Pick ONE prompt and walk with it:

- "What is the one thing that would make this week/month a success?"
- "If I were leading at my absolute best today, how would I show up in my next meeting/conversation?"
- "What's one behavior I want to be known for by the end of this year?"

Stay future-focused. Don't rehash.



Peer

Walk together and discuss ONE of these:

- "What's the biggest challenge we're facing as a team right now, and what would success look like 3 months from now?"
- "What's one thing we could do differently that would make our work easier or safer?"
- "If we were performing at our best, what would that look like day-to-day?"

Walk side-by-side. Listen as much as you talk.



Leader/Led

Walk together and discuss ONE of these:

- "What are the three behaviors you want to be known for by the end of this year?"
- "How can I better support your growth into the role you want to have in the future?"
- "What is one future goal you have that we aren't currently talking about?"

This is about their future, not your agenda.

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Bonus: Take-Home Prompts for Personal Life



Parent/Child Future Walk

- “What do you want to learn or try before your next birthday?"
- “What big family adventure should we plan this year?"
- “How do you want to be known at school or on your team?"

Partner/Spouse Future Walk

- “Where do we want to be in five years, and what are we doing now to get there?"
- “How can we protect our shared energy this month?"
- “What are we most proud to be building together?"

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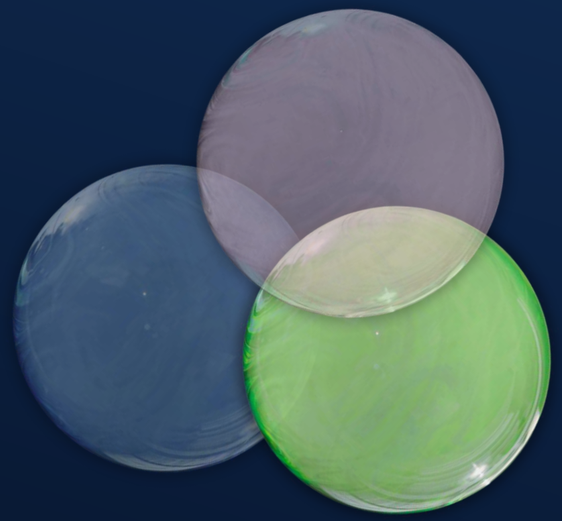
V

RIPPLE EFFECT



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The Leadership RIPPLE Effect



RESILIENCE
INTENTION
PRESENCE
PERFORMANCE
LEADERSHIP
ENERGY

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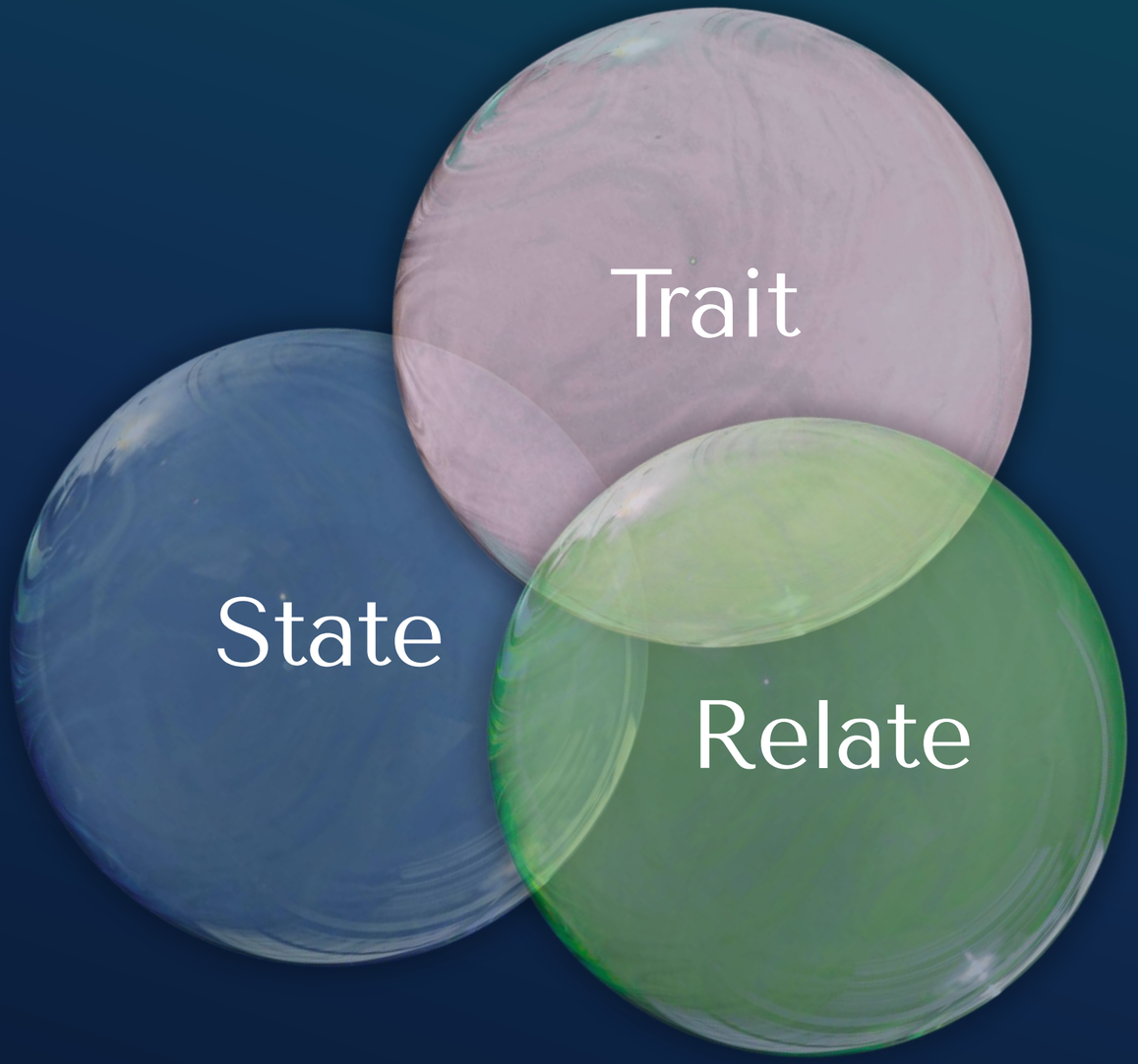
RIPPLEs

What are 3 things you can bring to your organization?

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Questions?

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Real STRength

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Real STRength Podcast

Leading Well Newsletter

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