



THE EVEREST *Leadership Academy*

Learning to Lead  
A Workbook on Becoming a Leader

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## Learning How to Learn – an exercise

- A. Describe a challenge, new experience, or risk you took when you tried to learn something that was new and unfamiliar?
- B. What were your fears before you began? How did those fears change during and after the experience? What did you learn about your fears?
- C. What were your hopes and dreams as you tried to learn something new? What did you expect to discover / achieve?



- D. What did others tell you that supported or diminished your confidence when you took the risk to learn something new?
  
- E. What people, circumstances, actions, and events supported or blocked your learning?
  
- F. Which of your own thoughts and behaviors contributed most to your learning? What blocked your learning?



- G. At what point did you know you would be successful? What evidence do you have of your success?
  
- H. What were the high points of the risks you took, and what were the downsides?
  
- I. How did your image of yourself and your thoughts about your identity change as a result of your experience?



## Leadership Models – An exercise

- A. Name two people who walked through your dreams as leaders in your past. Write their full names, and remember who they were and how they influenced you.
  
- B. Name two leaders whom you respect and value in your life today. Write their full names, and think about how they touch your life.



- C. Consider each person you have noted and indicate the successes and failures they have had in their own lives. Make an assessment of their achievements.
- D. Indicate the obstacles each leader faced and overcame and the rewards they achieved by doing so.
- E. Assess the risks each leader took and the results that followed. Then sum up each of their lives in a few words.



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- F. Describe how you might use the lessons you have learned from each of these leaders so that you can learn to be a more successful leader in your own life.

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## Leaders in Our Families

- Who were considered leaders in your family?
- Who were the heroes and heroines, and what stories did you hear about leaders in past generations?
- What were the traits of these family members who were leaders?