



Reclaim Your A - Game:

OVERCOMING LEADERSHIP INJURY





Every story has a hero,
a victim, a villain, and a guide.

- *Donald Miller*

DEFINING LEADERSHIP INJURY

Critical Leadership Injury (CLI)

noun Lasting ***negative effect*** of interaction with
a leader or authority *(or in one's role as such)*

TYPES OF LEADERSHIP INJURY

Leader
or
Follower

Individual
or
Institution

Presence
of Bad
or
Absence
of Good

One Time
or
Over Time





SYMPTOMS OF LEADERSHIP INJURY



VICTIM

- **FIGHT** - Bow up
- **FLIGHT** - Make up
- **FREEZE** - Give up

HERO 5 STEPS OF CRITICAL LEADERSHIP INJURY PROTOCOL (CLIP)TM



- RECOGNIZE the impact
- RECEIVE validation & comfort
- RELEASE negativity
- RE- EXAMINE powerful decisions
- REDEEM your story



*When you become the leader ,
you are no longer the hero
of the story!*



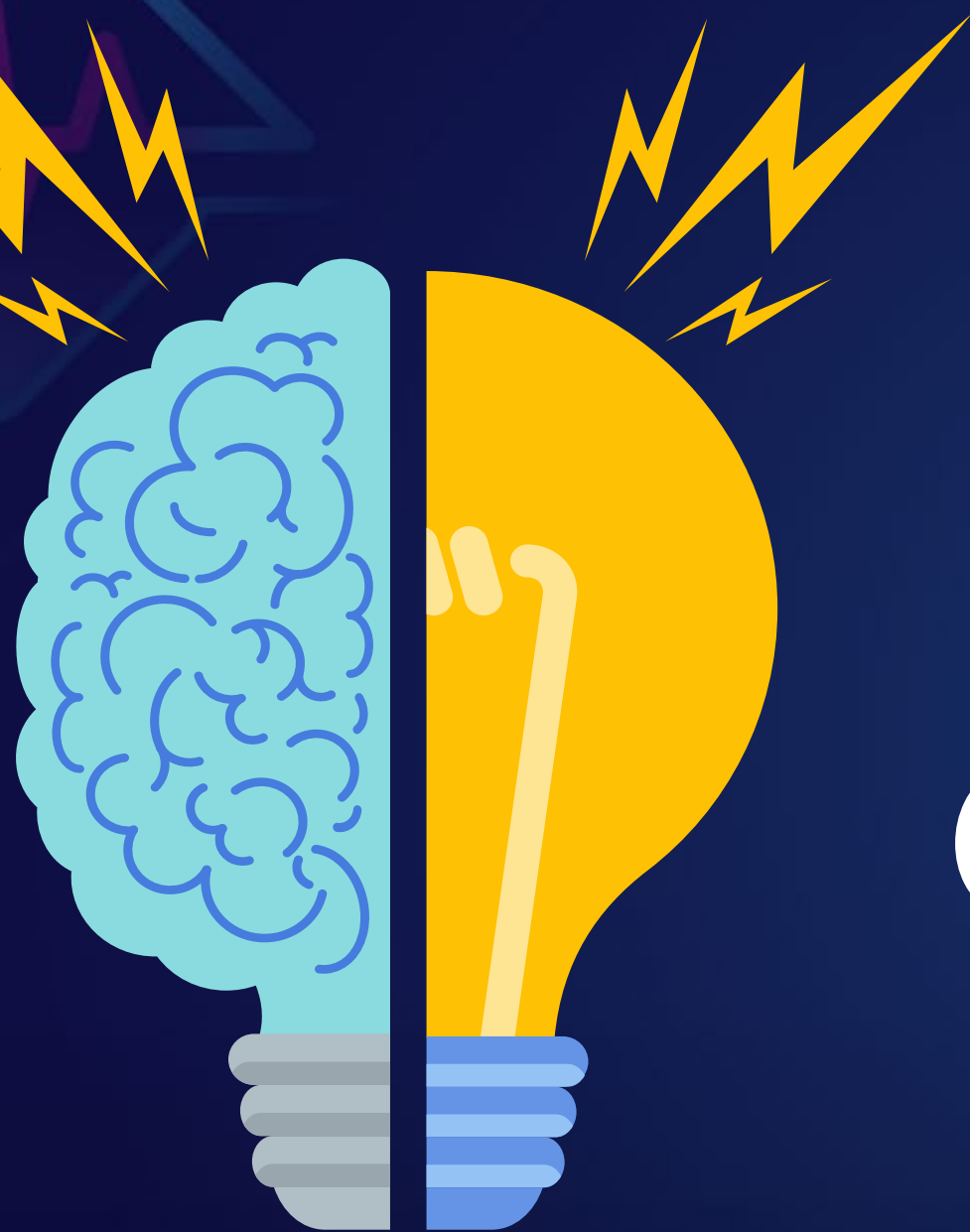
WHAT DO BAD BOSSES DO?



VILLAIN

- FIGHT- Angry Dictator
- FLIGHT - Controlling Micromanager
- FREEZE- Avoidant Ghost

Villains produce Victims...



WHAT DO GREAT LEADERS DO?

GUIDE

- Build Up > tear down
- Empower > control
- Turn Toward > away
- Give > take
- Protect & Heal > harm



Guides produce Heroes...





LEADERSHIP INJURY PROJECT

Healing The Past - Building Healthy Leaders For The Future

Complimentary Consultation

- Tell your story
- Learn about the recovery process
- Ask questions to help you navigate leadership injury for yourself or your team



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Healing The Past - Building Healthy Leaders For The Future

WHAT IS LEADERSHIP INJURY?

Almost everyone has been hurt by a leader.

Leadership injuries are negative effects of interactions with leadership.

These injuries can have lasting effects on beliefs, behavior, and well-being.

When trust, confidence, or performance are affected, it can hinder relationships, careers, and financial success - impacting individuals and organizations.

WHAT IS THE LEADERSHIP INJURY PROJECT?

The **Leadership Injury Project** is a research initiative to facilitate healing from leadership injuries. Our aim is to provide support and guidance through 1:1 conversations, while broadening our understanding in order to help others.

INTERVIEW & CONSULTATION

- Share personal stories, insights, and experience of leadership injury
- Discuss leadership injuries observed in others - and how it affects teams
- Reflect on positive experiences with healthy leaders that inspire, restore, and protect

Our principal investigator is Dr. April Minatrea - psychologist, speaker, and leadership consultant. She serves as Director of Leadership Excellence for the Exponential Mindset Group, LLC.

THANK YOU!



Let's Connect!

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