

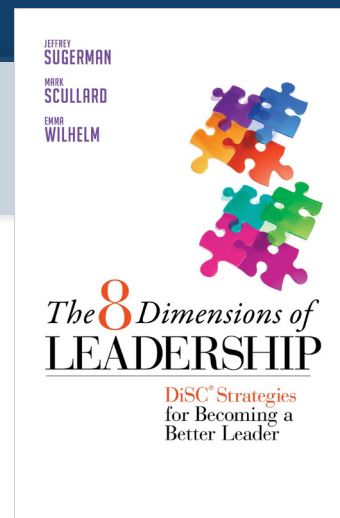


# Podcast Discussion Guide: *The 8 Dimensions of Leadership*

by Jeffrey Sugerman, Mark Scullard, and Emma Wilhelm



Listen to the podcast and find your dimension:  
[internalchange.com/8-dimensions-of-leadership](https://internalchange.com/8-dimensions-of-leadership)



1. The authors suggest that a leader's personality is intertwined with leadership skills. Do you agree? Why or why not?
2. According to the authors, leaders are not just performing tasks. Followers look at leaders as a whole person. Therefore, a leader cannot "outsource" any of the eight dimensions of leadership identified in the book. Have you ever tried to outsource one of these eight dimensions? What was the result?
3. Considering your leadership journey, do you find that the larger your reach within the organization, the more you need to use all eight dimensions of leadership?
4. During the interview, we discussed the idea of a "default setting" we often rely upon because it reflects our view of the world. What is yours? How has it been reinforced in your life? Can you think of a time when this driver held you back or created an "emotional cold shower" for you? What was the result? (The authors model this well in the interview).
5. The authors recommend learning from others whose "default setting" is at a place on the leadership map that's quite different from yours. Share an experience in which you learned an important lesson from such a person.
6. If you have personal leadership map, overlay the dimensions Emma Wilhelm described in her crash course on DiSC. Do you see areas you may need to develop to be a more effective leader? Share your observations.
7. What advice would you give now to a younger version of you?