



“The most empowering leaders believe first in themselves, and in the potential of others.”

The **Conscious Team Leadership** Checklist is a practical reflection tool designed to help you pause, assess, and elevate how you lead your team – with awareness, not autopilot.

Use it weekly or monthly to strengthen team alignment, communication, and trust, ensuring that collective actions reflect shared purpose and values.

Each conscious check-in keeps you focused on what truly drives performance – clarity, consistency, and connection. Over time, these moments of awareness cultivate stronger collaboration, accountability, and results – the hallmarks of a high-performing, conscious team.

As conscious team leaders, our evolution never stops. Every reflection becomes an opportunity to lead others with greater empathy, courage, and intention.

To explore deeper team-based leadership development, email rita@iamconsciousliving.com.au for your **Conscious Communication** Checklist.

Conscious Leadership begins within – and expands through your team. Let the ripple start with you.

With warm regards,

Rita Marcon
Founder | I.AM CONSCIOUS LIVING



CONSCIOUS TEAM LEADERSHIP checklist



A Conscious Team Leadership on tool by I AM CONSCIOUS LIVING
with Rita Marcon

1. Team Awareness

- I stay attuned to the dynamics, energy, and needs of my team.
- I understand individual strengths, motivators, and blind spots.
- I create space for open, honest feedback and dialogue.

Conscious Reflection: What's the real temperature of my team—energy, trust, and focus?

2. Clarity & Direction

- I communicate purpose, vision, and expectations with consistency and precision.
- I ensure every team member understands how their work connects to our goals.
- I lead with focus—prioritising clarity over complexity.

Conscious Reflection: Does my team know where we're going and why it matters?

3. Emotional Intelligence

- I model composure, empathy, and self-regulation under pressure.
- I recognise emotional cues within the team and respond with understanding.
- I balance compassion with accountability.

Conscious Reflection: What emotion is shaping my team's performance—and how am I leading through it?



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4. **Conscious Communication**

- I listen deeply before I speak.
- I deliver feedback that strengthens confidence and direction.
- I repair misunderstandings quickly and cleanly.

Conscious Reflection: Do I communicate to connect—or to correct?

5. **Empowerment & Accountability**

- I delegate with trust and transparency.
- I coach my team to find solutions, not depend on me for answers.
- I hold others accountable while encouraging autonomy and ownership.

Conscious Reflection: Where can I step back—so others can step up?

6. **Alignment & Culture**

- Our team values are lived in how we act, decide, and collaborate.
- I recognise and celebrate behaviours that reflect our purpose.
- I address misalignment early—through clarity and care.

Conscious Reflection: Is our culture consistent with the values we say we stand for?



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7. Collaboration & Connection

- I foster collaboration through trust, inclusion, and shared success.
- I make time for genuine connection beyond performance metrics.
- I encourage healthy challenge and constructive disagreement.

Conscious Reflection: Are we building connection that fuels creativity and results?

8. Growth & Integration

- I create regular opportunities for learning, review, and recognition.
- I measure success by progress, not perfection.
- I embody the mindset and energy I want reflected in my team.

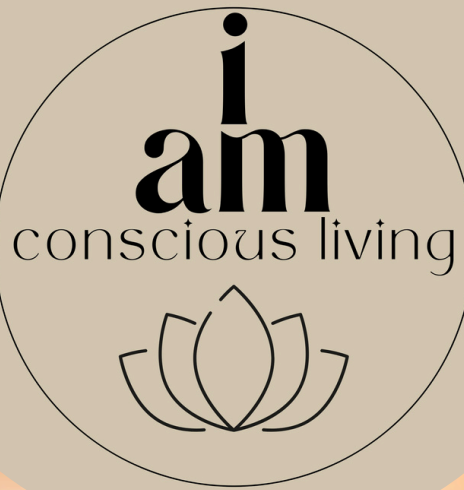
Conscious Reflection: What one shift would elevate how we work—and who we become—as a team?

remember

Great teams don't just perform—they evolve.
Conscious Team Leadership is built on awareness, trust, and aligned
action.

When you lead consciously, your team becomes the reflection of your
clarity, calm, and courage.





"When you lead yourself first—with courage and clarity—you shape the world that follows"

