

WORKBOOK

NEXT-LEVEL LEADERSHIP

Strategic Relationship-Building



Building Your Relational Growth Plan

(12 - 18 months)

This workbook will help you translate today's session into a plan you can realistically keep within a 12-18 month timeframe.

STEP 1

Name Your Season

What season of your career are you in right now?

Options (circle one):

- New role or transition
- Steady but stretched
- Rebuilding energy or confidence
- Ready to grow or expand
- Leading through fatigue or change

Follow-up Sentence:

In this season, I most need _____ from my professional community.

Eastern Washington
University Student
Affairs

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Download a digital copy of
this workbook at:

josieahlquist.com/ewu-next-level-leadership

STEP 2

Choose Your Focus Element

Choose **one primary focus**. (Optional: You may choose a second *only* if it feels realistic to accomplish.)

Options (circle one):



Primary Focus:

Secondary Focus (optional):

Follow-up Sentence:

If this area were better supported,
my work and wellbeing would
improve because:

STEP 3

Define Your 12 - 18 Month Goal

Prompt:

In the next 12-18 months, I want my professional community to help me:

STEP 4

Two Relational Moves

Keep these small and realistic. This plan should fit your role and capacity.



Next 30 Days

Action I will take: _____

Who is involved: _____

Why this matters to me: _____

Next 90 Days

Action I will take: _____

Who is involved: _____

Why this matters to me: _____

STEP 5

One Person + One Ask

Prompt:

Who could help move this forward?

Name: _____

Relationship to You: _____

Write Your Script:

"Could you help me by _____?"

I'm working toward

_____.

STEP 6

One Boundary That Protects The Plan

Prompt:

Growth without grounding leads to overextension.

- One boundary I need to protect: _____
- What this boundary allows me to do better: _____

STEP 7

Supervisor Conversation Prep

Use this to support a future 1:1 or evaluation conversation.



Complete the Sentence:

In the next 12-18 months, I want to be more intentional about _____,
and the support that would help is _____ because
it supports our work by _____.

NOTES: