

People Leadership Group Coaching

Journaling questions, Session Nine (week of October 20, 2025)

Topic: Managing up: getting what you need, driving the agenda when you can

We have come to the point in the program when we get to examine what you have learned through the lens of two different power dynamics – your own supervisor and your peers and partners. In the first of these two sessions, we will explore what it means to build trust with your supervisor, cultivate resilience and anti-fragility in this working relationship, coach up, delegate up, give feedback up, and have courageous conversations too.

Of course, there are two resources below that you are welcome to dive into. Their focus is specifically on how to get the most of our relationship with your supervisor – how to communicate succinctly what matters most, how to ask questions that will give you the best information. Even if you take one new tactic from them, you will already be doing something to strengthen your dynamic even further.

Resources:

1. [A Tactical Guide to Managing Up: 30 Tips from the Smartest People we Know](#), blog post
2. [7 Questions to Decode Your Manager's Priorities](#) by Melody Wilding

Questions:

1. What messages did you receive earlier in your life on challenging authority? How do you think they impact your current relationship with your supervisor?
2. Which of the concepts and tools that you've learned so far in this program could be useful to you in strengthening your relationship with your own boss? Why?
 1. Trust building
 2. Resilience/anti-fragility
 3. Coaching skills
 4. Teaching and delegating
 5. Feedback
 6. Courageous conversations



Bringing a question to the group: Please email me your answer by one day before so I can make an agenda, with a score of 1-5 of how important is it that we address it (5=very important).

3. Based on your answers to the above, what's the core challenge you face on this topic?
As such, what case or discussion question would you like to bring to the group in the upcoming meeting?