

## Mastering the Art of Bragging: What Today's Leaders and Other Humble Professionals Need to Know

*Action Sheet*

### Getting Started

Why might mastering the art of bragging be important to YOU right now?

What's the biggest thing getting in the way of feeling like you're soaring and succeeding in your role or workplace right now?

Three things we all need are 1) \_\_\_\_\_, 2) \_\_\_\_\_, and 3) \_\_\_\_\_.  
On a scale of 1-10 (1=very little and 10=a lot), how much of each do you have in your career right now?

(write in the elements here)	1	2	3	4	5	6	7	8	9	10
1.										
2.										
3.										

The big question for me in my work and career right now is:

**1. Define your own \_\_\_\_\_.**

- Think about where/when you've been clear, confident, and in control. What talents, skills, or abilities were you using? What resources, relationships, or experiences were in play? What knowledge or failures contributed? Write every aspect of those clear, confident, and in control times here.

**2. Find a \_\_\_\_\_.**

- It's possible to \_\_\_\_\_ so others don't \_\_\_\_\_.
- Some of my points of pride in my worklife are:

**3. Put the right \_\_\_\_\_ in your \_\_\_\_\_.**

- Good "smoothers" I can use are:

**4. Pick your \_\_\_\_\_.**

- Where are my moments of \_\_\_\_\_ space?

**5. Ask for \_\_\_\_\_.**

- Two ways I can do this right now are:

## Taking Action

**What was your biggest “a-ha” from today?**

**What’s one action or experiment you’ll take to put these ideas to work for you?**

**What’s one question that still needs to be answered for you?** *(Note: if we run out of time, please email your question to [darcy@redcaperevolution.com](mailto:darcy@redcaperevolution.com)!)*

*Want more? Download these free resources from RedCapeRevolution.com:*

- How to Say No at Work: 13 Scripts & Strategies  
[www.tinyurl.com/RCRsayno](http://www.tinyurl.com/RCRsayno)
- What to Say to Build Confidence at Work  
[www.tinyurl.com/RCRConfidence](http://www.tinyurl.com/RCRConfidence)
- Planning Guide: How to Network While You Work  
[www.tinyurl.com/NetworkwithDarcy](http://www.tinyurl.com/NetworkwithDarcy)
- The Only Three Questions You Need to Answer Now to Get Career Clear (video training)  
<http://tinyurl.com/GetCareerClear3>
- 27 Days to Change Your Life at Work (ebook)  
<http://tinyurl.com/27DaysRedCape>

*Plus, get a free sample of Coach Darcy’s book, “Bring Your Superpowers to Work: Your Guide to More Clarity, Confidence & Control” here: <http://tinyurl.com/Superpowersbook>.*

*Finally, check out our Free Tools library with more tools to help you create clarity, build confidence, and take control: <http://www.RedCapeRevolution.com/free-tools>.*

## About Red Cape Revolution

Our company provides **executive coaching and leadership development services**, plus **career and success content and tools that reflect today's realities, pressures, and opportunities**. With a sense of humor about a serious subject, we strive to be the place where smart leaders can change their life at work and find fresh ways to create success for the organization and for themselves.

Our mission is to help drive a movement—a revolution—redefining and recreating the rules around how choose to live our lives at work today. Our work out in the world and our ideas shared at our home, [www.RedCapeRevolution.com](http://www.RedCapeRevolution.com), all aim to generate more clarity, confidence and control in our lives at work, no matter what's happening in any one economy, industry, or company.

We know from our experience with hundreds of clients that **when clarity, confidence, and control accelerate, fear fades, and a more successful, happier, and productive workplace emerges**. And those results are equally good for individuals, companies, communities, and the world.

## About the Founder, Darcy Eikenberg, PCC



**Darcy helps high performance professionals accelerate their leadership in ways that work for their organizations and for themselves.** With a practical, real-life perspective, and with over 20 years' experience working with top companies such as The Coca-Cola Company, Microsoft, and Deloitte, **Darcy's clients consistently grow to greater levels of clarity, confidence and control in their work and lives—all leading to better business results.**

Before launching her own business, Darcy was a Principal at human resources consulting firm Hewitt Associates (now Aon Hewitt), where she served on both the Southeast and the North American Communication Consulting Leadership teams. In those roles, she was accountable for developing and retaining talent, building managers and teams, and growing a healthy bottom-line. She also innovated and led an internal coaching program supporting high potential associates and high revenue teams.

In addition to her work with executives and leaders, Darcy founded career and success site [RedCapeRevolution.com](http://RedCapeRevolution.com) as a way to help everyday professionals at all levels discover their "superpowers" and make a bigger difference in their own corners of the world. Her book, ***Bring Your Superpowers to Work: Your Guide to More Clarity, Confidence and Control***, is available on Amazon and BN.com.

Darcy is a popular speaker, working with organizations such as the International Association of Business Communicators (IABC), the Risk Management Society (RIMS), and the Public Relations Society of America (PRSA). She's been quoted in the *Harvard Business Review*, CNN.com, *Atlanta Journal-Constitution* and CareerBuilder.com among others. Darcy is the past president of the Georgia chapter of the International Coach Federation (ICF) and earned her professional coaching credentials through ICF. Darcy graduated from Northwestern University. **She welcomes hearing from you!**

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