

RED CAPE RESCUE TOOLKIT

With Coach Darcy Eikenberg, PCC

Welcome to your Red Cape Rescue toolkit! By downloading this workbook, you're telling me that you're ready to go deeper into the ideas I shared in my book, *Red Cape Rescue: Save Your Career Without Leaving Your Job*.

I'm so excited that you're here. As a professional coach and speaker, I love connecting with so many of you all over the world, in person, online, and through our regular emails from RedCapeRevolution.com But when you write a book, it's a little lonely behind the laptop.

So rather than just being happy you have the book in your hands (which I am!!) I wanted to go the extra mile for you and help you put these ideas to work for you, right where you are now, just as you are now.

That's why you have the videos in this toolkit and the exercises here in this workbook. Plus, watch your email —I'll be checking in with you and sharing other resources and ideas.

Be the person who puts these ideas into action. Here's all you need to do:

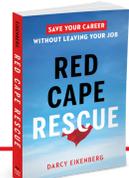
-  ***Watch the video inside each lesson***
-  ***Answer the action plan questions along with me
(I'll give you time inside the video, so just press play)***
-  ***Keep soaring through your work and life
because the world needs you!***

It's an honor to be here working with you, wherever you are. Red capes on, all—it's time to soar.

Always, Darcy



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Oh, and if you found your way here and still don't have your own copy of Red Cape Rescue yet, go to RedCapeRescue.com and buy it from one of your favorite retailers there. **Purchasing books is a vote of confidence for the author (and believe me, all of us can use all the votes of confidence we can get!)** Your purchase also sends a signal to the online retailers that they need to keep sharing this book with other amazing people like you.

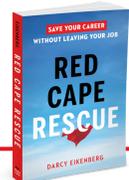
If you do have a copy, thanks! I'd be honored if you'd write a review, especially if you bought it on Amazon and Goodreads. **Your words really matter.**

Oh, and if you're not getting email from RedCapeRevolution.com, check your junk folders. If we're stuck there, add us to your "safe senders" list. If we're still not there, email my team at Info@RedCapeRevolution.com and someone will dig into the issue!)

There's one big advantage to
knowing where your power lies:
life gets easier.



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RESET HOW YOU THINK

Know Your Core Powers * Conquer the Battle of the Brain
* Unveil Your Values * Imagine Positive Intent * Listen to the Whispers

To begin, you'll learn how to shift your mindset and build your confidence, getting clear on what you control, and what you don't.

Key Lesson 1: Know Your Core Powers

In this first section of Red Cape Rescue, you learned the surprising truth that there are only three things in your power to control. They are:

Everything you _____.

Everything you _____.

Everything you _____.

If you're ready to take back control over your career, let's examine what you really control—and what you don't.



Take Action:

What's the biggest thing you're trying to control right now?

Read what you wrote out loud. Is what you wrote really in your control?

If not, what could you choose to think, say, or do differently about it?



Key Lesson 2: Conquer The Battle Of The Brain

That annoying voice in your brain is not your hero. In fact, it's keeping you

_____.

You can learn to _____ to your prehistoric, lizard brain.

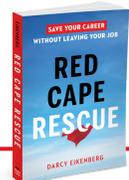
Take Action:

Download the "What to Say When You Talk Back to Your Brain" chart from your toolkit.

Your inner dialogue is a battle:
one between what your brain
says and what the truth is.



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Key Lesson 3: Unveil Your Values

If something's not right between you and another person (or organization), you just might hold different _____.

When two _____ conflict, it's like hitting two neighboring keys on the piano at the same time – it's not harmony, it's just noise.

Take Action:

Download the "Decode Your Values" chart from your toolkit.

Circle the ten that feel most like you when you're the hero you aspire to be.

Now, narrow those ten down to four – four you wouldn't compromise on, ever. Write those here:



With clearer values,
decisions
get easier.

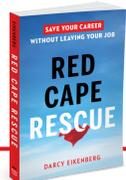


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Looking at that list, how are your collective values showing up in your choices right now?

Where are you out of sync?



Key Lesson 4: Imagine Positive Intent

Our big, beautiful brains _____ negative experiences and _____ positive ones.

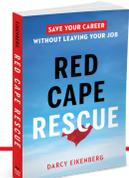
Assuming _____ intent doesn't mean being a doormat. It allows you to slow down a beat and ask the magic question,

"What _____ could this mean?"

Take Action:

How might you need to think differently to assume positive intent the next time your buttons get pushed?

The brain is always looking out for danger. But jumping to conclusions can be killer.



Key Lesson 5: Listen to the Whispers

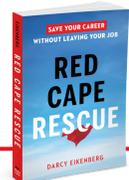
The _____ demand action. Trust them, and trust yourself.

Take Action:

My whispers are telling me . . .

What's the one action the whispers are asking of me now?

These
secret-not-secret
messages usually
start small and quiet.





REVISE WHAT YOU SAY

Rewrite Your Story * Ask for What You Need

* Watch Your Language * Affirm the Squirm * Accelerate Appreciation

Now, you'll gain fresh strategies for more powerful conversations with your colleagues, and even with yourself.

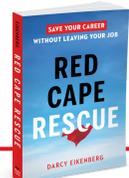
Key Lesson 6: Rewrite Your Story

You can _____ your story to reflect more of who you want to be.

What's _____ about you? There's more to you story than you

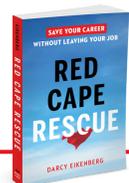
_____.

What would happen if a
different story was *your* story?



Take Action:

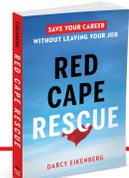
If you had a magic wand, what would you love to hear others say about you as they listen to your story?



Take Action:

What's the new story about yourself you need to tell? Who needs to hear it?

When you're
faced with two
true stories,
choose the
one that helps,
rather than hurts.



Key Lesson 7: Ask for What You Need

We love to be asked. Why do we hate to _____ ?

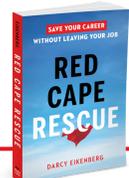
You'll get nowhere quickly unless you learn to _____ for what you need.

Take Action:

What's one thing you need to ask for now? From whom?

How can you strengthen the ask to be more personal, specific, and to get it done?

A specific ask
allows your
answerer to be
helpful, faster.



Key Lesson 8: Watch Your Language

When you change your _____, you can change your _____.

If phrases of woe are part of your vocabulary, here's a quick win:

_____.

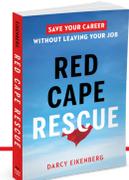
Take Action:

Download "Instead of Saying" chart in your toolkit. BONUS: this chart is expanded from what's in the book!

Create more of what you
want by using the right
words, right now.



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Key Lesson 9: Affirm the Squirm

Discomfort is where the _____ is.

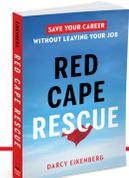
If you want growth, you'll need to _____ the _____.

Take Action:

What's the one idea or situation making you uncomfortable right now?

Where do you need to affirm the squirm instead of wriggling away from it?

It's okay to
squirm; in fact,
it's expected.



Key Lesson 10: Accelerate Appreciation

The three rules of real appreciation are:

It must be _____.

It must be _____.

It must be offered without expecting a _____.

Take Action:

What do you need to appreciate in someone else right now?

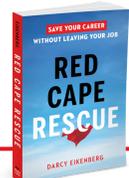
What might they need to hear?

What do you need to appreciate in yourself right now?
Take a moment and write it here.

Appreciation isn't some party trick you can pull out when you desperately need it. Know the three rules to make it work.



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PART III

REINVENT WHAT YOU DO

Forge a Fear Strategy * Counteract Chaos
* Drop Some Balls * Affirm the Squirm * Accelerate Appreciation

Finally, you'll discover how to battle the blocks, protect your time, and move your career forward.

Key Lesson 11: Forge a Fear Strategy

Your four-letter word to combat fear is _____ .

To _____ ahead for the fear, you can play the _____
_____ game.

Take Action:

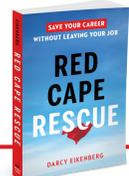
As you look at the path you're on, what's sparking fear right now?

What's one small, simple action you can plan now to take each time you notice fear popping up?

If you've got
fears, congrats:
you're normal



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Key Lesson 12: Counteract Chaos

It isn't the changes that do you in. It's the _____ .

Instead of staying stuck in chaos, you can choose _____
_____ to move you forward.

Honestly, everything we do in life is _____ .

Take Action:

To counteract any chaos you're feeling right now, what would you do if no one cared?
Write down as many ideas as you can.

The only way
to counteract
chaos is to
call on
creativity.



Key Lesson 13: Drop Some Balls

You don't have a time problem. You have a _____ problem.

The three strategies to drop some balls are:

1. "Will anyone _____ ?"
2. "Let's try an _____ ."
3. "Here's an _____ ."

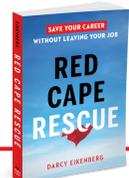
Take Action:

What's the one ball you need to drop right now – the one you dread or procrastinate? It's typically found outside your superpower space, that place where you're at your best and highest use.

Which of the three strategies right now can you test to drop that ball?

What will it feel like when that ball is gone?

There's a
success
strategy in
doing less.



Key Lesson 14: Magnify Momentum

Two things that'll help you keep your foot on the gas of your Red Cape Rescue are:

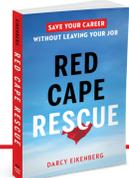
1. Your success _____, using others people or your environment to support you.
2. Your _____, which tells the mind where you want it to focus.

Take Action:

What's the success structure you need to maintain momentum? It could be help or support from a person, or a way you set up your environment or physical space.

What' the momentum mantra you'll turn to when you get stuck? Write down a few top-of-mind ideas here of phrases that remind you of who you are at your very best.

You can't grow
in the status quo.



Key Lesson 15: Pursue Progress

To stay positive and motivated to keep on your new track, celebrate your progress instead of waiting for _____ .

One way to make progress visible is to find your _____ .

Take Action:

What's the biggest area of your life at work where you're waiting for things to be perfect?

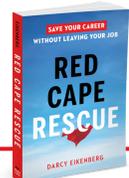
Instead, what would progress look like?

Think back over the last year. What are your TA-DAs?
Write them down (and take a bow!).

When you're measuring your success in terms of perfection, you'll always come up short.



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WHAT TO DO NEXT

Congratulations! You've gone deeper into your Red Cape Rescue and are ready to soar in your career once again, on your terms, just as you are. We've got more resources for you in the toolkit, such as a reading list and other tools you can use to keep these ideas front and center as you change your life at work in ways that work for your life.

Before we go, here's one last action:

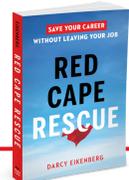
What's the biggest thing you've gained from doing this work together?

There's a link in the online toolkit where you can send that answer to me, either anonymously or with your name (that way I can reach out and thank you.) Your thoughts help my team and I know what's most helpful to awesome people like you, which ultimately, is always our goal.

TA-DA! Congrats. You've done so much.
Thank you for investing your time,
energy and money in Red Cape Rescue,
and I can't wait to watch you soar!



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WANT TO HELP OTHERS?

Want to help others create their Red Cape Rescue? It's easier than you think.

Here's how:

- Write a review on Amazon, Goodreads or your favorite bookseller.**
 - ▶ Reviews matter; they signal the retailers that this book is useful to share with others like you. Photos or videos also add more oomph to your review, too (and I love to see your smiling face!)

- Buy extra copies as gifts to friends or colleagues.**
 - ▶ For orders of 50 or more, contact us at Book@RedCapeRevolution.com and we can arrange signed copies at bulk pricing.

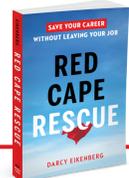
- Share a post about the book on LinkedIn, Instagram, Facebook or Twitter. Be sure to @tag me so I can thank you!**
 - ▶ Also, if you see me out on social media, be sure to leave a comment (not just hit like) – that also helps the social engines know the content is useful. Honestly, it really matters!

- Introduce me to people in your company, community or professional organization who need great speakers for webinars, workshops, retreats, meetings and conferences. Word-of-mouth matters now more than ever, and you know more people than you think you do, such as:**
 - ▶ Meeting professionals at your company or in professional trade groups
 - ▶ HR and talent management leaders
 - ▶ Employee resource group volunteers or sponsors
 - ▶ Business or trade organizations tied to your profession or location

All you have to do is make the introduction and we'll follow-up from there. For scripts to get started, email my team at Info@RedCapeRevolution.com.

Remember, somebody out there needs you.

Help them find this help through you.



MORE ABOUT ME, DARCY EIKENBERG, PCC

Leadership & Career Coach | Speaker | Author



WHAT I DO

Today's leaders & high performing professionals are experiencing more change than ever before. Those changes are overwhelming, complex, and move fast.

So I teach fresh, practical strategies you can use every day to manage through change easier and make better, more confident decisions with less stress, in less time.

As a professionally trained coach with a strong sense of ethics, I'm also a confidential sounding board to help you map out next steps in safe, non-judgmental ways.

My clients feel—and become—more successful in their work (and actually, in their lives outside of work, too.)

WHO I HELP

WITH OVER A DECADE'S EXPERIENCE, I WORK WITH LEADERS & HIGH-PERFORMING PROFESSIONALS IN SITUATIONS LIKE THESE:

- Wrestling through major change, whether positive (such as business growth or promotion), or negative (such as job loss or personal stress).
- Newly promoted, or hired & needing to get productive fast.
- Experienced in their technical subject but needing to grow business acumen, communication or people skills.
- In a team that must work better together to achieve a business result or goal.
- Weighing their next career decision (whether inside or outside their existing organization) and asking "what's next for me."

WHERE I SPEAK, FACILITATE, TEACH

- Leader, employee, board or team development webinars and events.
- Customer & client appreciation webinars and events.
- Department or affinity group professional development meetings.
- Within technical or company-specific training as an energy booster.
- Professional & trade association meetings, workshops & conferences.
- On webinars & teleseminars for companies and professional groups.

