



ELEVATING EMOTIONAL OPERATING STATES

Agitation/Irritability
Anxiousness
Impatience



Patience & Perseverance
Acceptance & Calm
Staying Power & Level-Headedness

Stress & Pressure
Frustration
Fatigue/Exhaustion/Burnout



Trust in Oneself
Resolution & Satisfaction
New-Found Energy & Inspiration

Overwhelm
Pressure/Not Enough Time
Divided Attention/Distracted



Relief & Certainty
Being Organized & In Control
Focused Presence & Attention

Confusion
Mistrust
Concern



Clarity & Insight
Understanding & Honesty
Perspective & Determination

Disappointment
Uncertainty
Loss/Grief



Resolve & Acceptance
Direction & Stability
Resiliency & Growth



FIRTH LEADERSHIP PARTNERS LLC



“Great leaders empower the human spirit.”

JANE H. FIRTH, MSOD
Founder and CEO

Jane Firth is the founding partner of Firth Leadership Partners. Jane is an innovator in the design and delivery of executive coaching and customized programs for mastery in leadership, communication, organizational culture, and executive presence. For over four decades, she has been a trusted coach and advisor to executives in financial services, pharmaceuticals, manufacturing, publishing, healthcare, philanthropy, and technology. For her outstanding work Jane was awarded the Philadelphia Business Journal’s Women of Distinction Award. Jane has an M.S. in Organizational Dynamics from the University of Pennsylvania. She is a long-standing member of the Forum of Executive Women and has chaired the Women in Executive Leadership and Governance Committee. Among her philanthropic efforts Jane was a co-founding partner of Globalislocal, and the Beyond Our Differences Foundation. For further information go to www.firthleadershippartners.com.

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