

# CREATIVE LEADERSHIP SPARK TOOLKIT

**Your free guide to building a culture of  
wellbeing and performance under pressure.**

[Click here to see the full guide for only \\$45](#)



# EXPLAINING ALL ABOUT US



Learn more at:  
[www.creativeleadership.co.nz](http://www.creativeleadership.co.nz)  
or find us on LinkedIn

## WHO WE ARE ?

At Creative Leadership, we believe leadership isn't just about strategy, it's about people. With over 15 years of experience in coaching, leadership development, and consulting, we help leaders and teams navigate change, uncertainty, and complexity with confidence.

## WHAT WE DO

We offer individual leadership coaching to help leaders gain clarity, confidence, and impact, along with team performance strategies to strengthen collaboration and resilience. Our leadership development programs provide real-world, actionable frameworks for busy leaders.

Our approach is practical, engaging, and results-driven, ensuring leaders don't just learn but lead effectively.



# WELCOME TO THE TOOLKIT

You don't need another model. You need a way through.

This resource is built for leaders inside the crunch those holding expectations, stretch goals, and the emotional weight of a team all at once.

If you're here, you're likely wondering:

- How do I protect my people without dropping the ball?
- How do I shift culture without a 12-month roadmap?

These tools won't add to your to-do list. They're designed to cut through it. They're simple but not simplistic. Each one has been pressure-tested with real teams under strain.

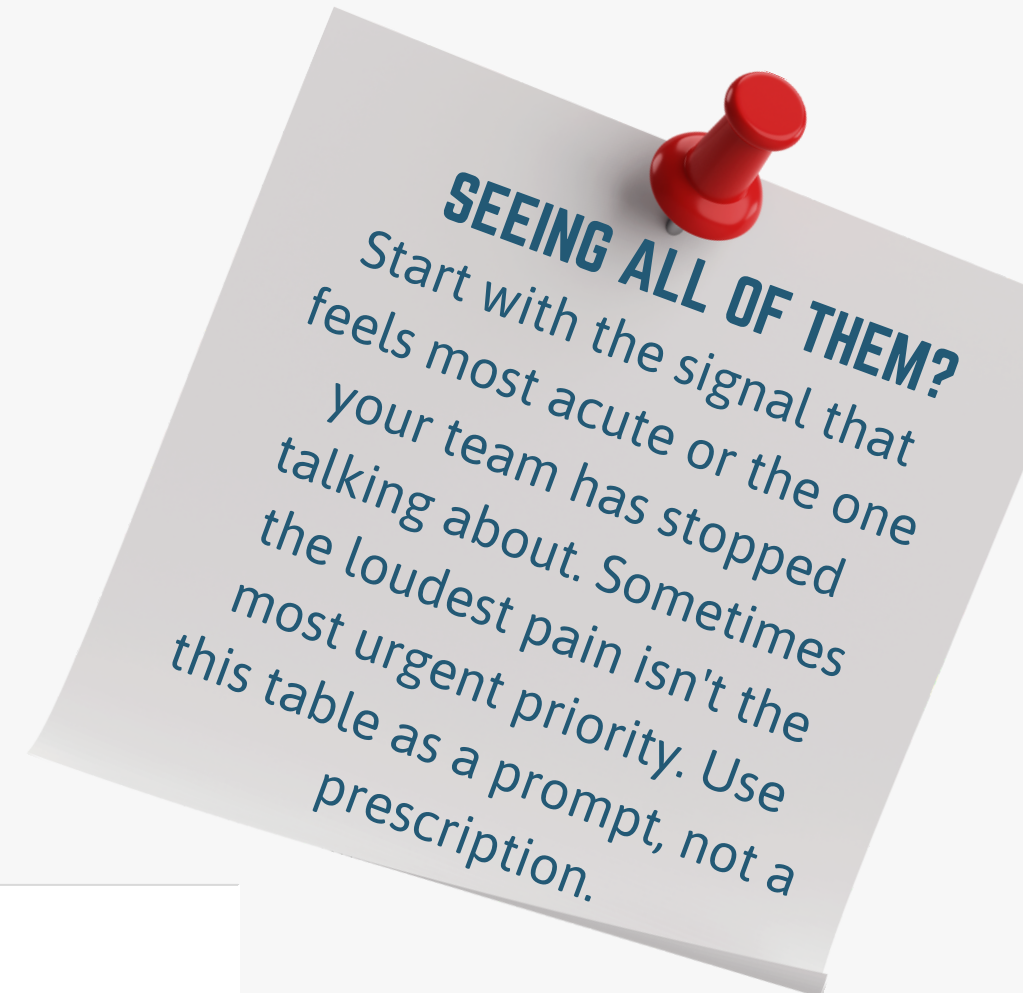
What's different here? We haven't just listed tools we've shown you why they work, how to use them fast, and what they unlock underneath. This isn't a download. It's a mindset shift. And it's built for momentum.

**Start where it hurts or start where there's energy. Just start. Culture shifts when you do. You can shift things in five weeks.**



# START HERE IF YOU ARE IN TRIAGE MODE

If your team's under pressure right now...  
Mix it up and use this shortcut guide:



| If You're Seeing...                       | Start With...               |
|-------------------------------------------|-----------------------------|
| Low energy, silence, people shutting down | Vitality Check-In (Week 1)  |
| Overwhelm, unclear focus, too much work   | Expectations Reset (Week 2) |
| Avoidance, tension, hesitation to speak   | Trust Pulse Check (Week 3)  |
| Endless meetings, low follow-through      | Time Audit (Week 4)         |
| Burnout + lack of pride or progress       | Weekly Wrap (Week 5)        |



# YOUR FOCUS:

**WEEK 1**

**S**

**SCAN THE ENERGY**

**Vitality check in an  
rhythm reset**

**WEEK 2**

**P**

**PRIORITISE  
EXPECTATIONS**

**Role clarity and  
shared ownership**

**WEEK 3**

**A**

**ASK THE TRUST  
QUESTIONS**

**Surface what is  
being unsaid**

**WEEK 4**

**R**

**RECLAIM YOUR  
CALENDER**

**Trim meetings,  
protect deep work**

**WEEK 5**

**K**

**KEEP WHAT  
MATTERS**

**Wrap up with  
pride and  
learning**



# YOUR 5 WEEK PLAN TO STRENGTHEN A CULTURE OF WELLBEING & PERFORMANCE

| Week | Focus                 | Mini Practice                                                                                | What you will see                                                       |
|------|-----------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| 1    | <b>S - Scan</b>       | Run a team reset: What are we carrying? What do we need to let go of to do our best work?    | Relief, honesty and lowered tension as the unspoken load is shared.     |
| 2    | <b>P - Prioritise</b> | Use the Clarity Grid to surface role confusion, decision delays, and ownership gaps          | Increased alignment, decisions move faster, people know what is theirs. |
| 3    | <b>A - Ask</b>        | Try a team pulse: “What’s one thing we’re doing well?” “One shift that would help us?”       | More open feedback, better challenge, stronger collaboration.           |
| 4    | <b>R - Reclaim</b>    | Do a calendar sweep together trim, align, protect deep work                                  | Cleaner calendars, reclaimed time, better focus in key moments.         |
| 5    | <b>K - Keep</b>       | Run 15 min Friday wrap. What are we proud of, what did we learn? How do we carry it forward? | Increased motivation, clearer progress, a sense of team pride.          |



# NEED MORE THAN A CHEAT SHEET?

The full SPARK Toolkit gives you:

- Over 40 pages of practical, ready-to-use tools
- Team-tested scripts, coaching flows, and one-page guides
- Real-life examples, team pulse templates, and diagnostic prompts
- How to avoid common mistakes
- Designed for time-poor leaders no facilitation needed

If you're ready to shift your culture without slowing down delivery, this toolkit gives you the structure, language, and momentum to start now.

[Grab the full version here for only \\$45](#)

# NEED MORE?

## Want support embedding this?

We offer:

- Live team sessions to introduce these practices
- Leadership coaching to help you lead differently under pressure
- Custom diagnostics to pulse-check your current culture
- Quarterly momentum check-ins to keep change alive
- Free and Premium Resources on our website.

**Email:** [support@creativeleadership.co.nz](mailto:support@creativeleadership.co.nz)

**Website:** [www.creativeleadership.co.nz](http://www.creativeleadership.co.nz)

