

Panel of Experts

# **Tiny Habits for Engaging Leadership**

Presented by Tiny Habits® Academy

# Experts in Engaging Leadership



Host and Moderator  
Andrea Spyros



Kirsten Leng



Mike Florette



Dominic Michalec



Tiffany Spencer



Kirsten Leng

Growth Coach & Keynote  
Speaker

Tiny Habits Certified Coach

## Kirsten's 3 Tiny Habit Recipes

1

**After I** am asked for an answer by my team, **I will** pause and ask one question & **celebrate**.

2

**After I** start with a new team, **I will** schedule 1:1 meetings & **celebrate**.

3

**After I** see my “sticker”, **I will** ask myself, “What am I thinking right now?” & **celebrate**.



Mike Florette

Leadership Trainer, Public  
Speaker, Writer

Tiny Habits Certified Coach

## Mike's 3 Tiny Habit Recipes

1

**After I** notice I have a problem, **I will** ask for help **& celebrate**.

2

**After I** start a meeting, **I will** thank everyone for coming **& celebrate**.

3

**After I** shut down my computer for the day, **I will** write down one win **& celebrate**.



Tiffany Spencer

Mental Health Coach for  
High-Performing Moms

Tiny Habits Certified Coach

## Tiffany's 3 Tiny Habit Recipes

1

**After I** ask my team a question, **I will** pause and listen intently **& celebrate.**

2

**After I** receive feedback, **I will** pause and reflect on one positive note **& celebrate.**

3

**After I** walk into a meeting, **I will** pause and take one deep breath **& celebrate.**



Dominic Michalec

Product Coach

Tiny Habits Certified Coach

## Dominic's 3 Tiny Habit Recipes

1

**After I** open Slack, **I will** ask one co-worker how their day is going & **celebrate.**

2

**After I** hit send on my last email of the day, **I will** tell a coworker one thing I appreciated about them & **celebrate.**

3

**After I** take my first sip of coffee in the morning, **I will** ask myself how I feel & **celebrate.**



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- Find a coach
- Join the 5-Day Tiny Habits program
- Take a Tiny Habits Specialty Course
- Become a Tiny Habits Certified Coach