## UNDERSTANDING OUR ATTACHMENT STRATEGIES

A Guide for Emotionally-Connected Leadership

Being an emotionally-connected leader means taking control of your emotions so that they don't take control of you. Understanding the attachment origins of our emotional make-up can be a helpful place to start

## SECURE / AUTONOMOUS ANXIOUS / PREOCCUPIED Adult Leadership Leadership **Adult** Infant Infant Behaviours **Behaviours Strengths** Risks **Experience Experience** Trust in their teams; Comfortable with Low self-worth; Conflict-averse; Inconsistent and Consistent and closeness & emotional support Concerned with how charismatic and unreliable careresponsive careinterdependence; and autonomy; we are viewed; performative; giving. giving. mindfulness in the able to be fear of rejection. indecisive. management of autonomous. conflict. a single step UNRESOLVED/DISORGANISED AVOIDANT / DISMISSIVE counselling & coaching Adult Adult Leadership Infant Leadership Infant **Experience** Behaviours Behaviours Risks Risks Experience Dictatorial; non-Withdrawn or Positive self-Desire for closeness Inconsistency; Abusive or abused collaborative; rejecting careand connection, esteem; emotional volatility; care-giving. inflexible; non-Independent; don't but fear of getting giving. low levels of trust. empathic. need approval. hurt.