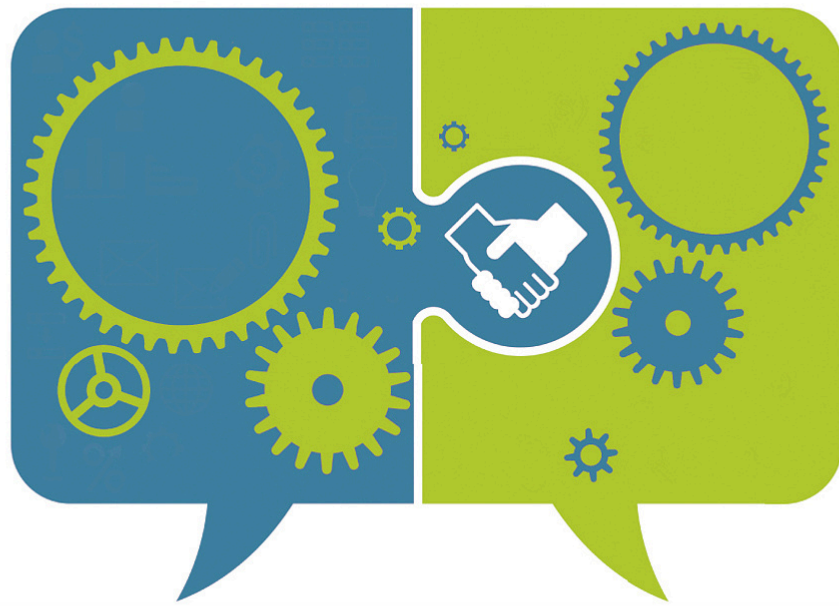


# THE POWER OF CURIOSITY



TAKE ACTION  
WORKBOOK

KATHY TABERNER AND  
KIRSTEN TABERNER SIGGINS

# THANK YOU

Thank you for reading *The Power of Curiosity* — the fact that you're here, ready to do the work, means more than you know.

You've learned the Curiosity Skills. Now it's time to live them.

This workbook brings together all the tools and exercises from *The Power of Curiosity* to help you have more meaningful conversations, communicate with greater clarity, and build stronger relationships — both at work and at home.

Work through each section at your own pace. If you ever feel stuck or overwhelmed, that's not a setback — it's an invitation.

Use your Curiosity Skills to explore what's coming up for you and why.

We won't promise it's easy. We will promise it works. And we're here whenever you need us.

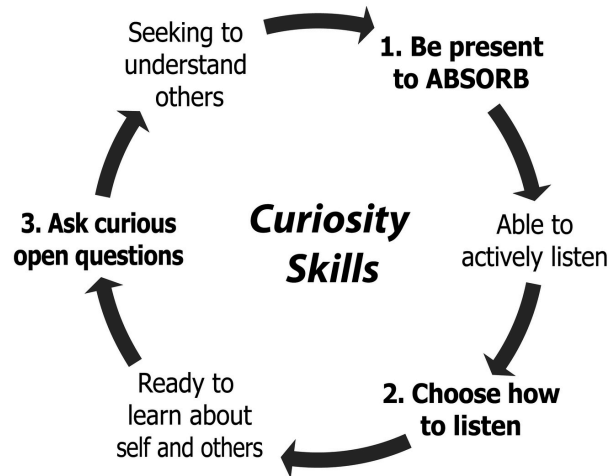
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## **KATHY TABERNER & KIRSTEN SIGGINS**

Authors, *The Power Of Curiosity*  
Founders, The Institute Of Curiosity

# CHAPTER 1: WHY CURIOSITY



Screen shot these Curiosity Skills so you  
ALWAYS have them with you!

Together these skills form a communication strategy that can be used every day in conversations to make them BETTER.

Using these Curiosity Skill will:

- Enhance self-awareness,
- Improve interactions,
- Encourage collaboration,
- Reduce resistance
- Create a non-blaming culture focused on continual learning

All of which lead to stronger relationships built on trust.

This strategy also transfers well to the home, supporting effective connections in which both children and parents feel understood at any age. When we seek to understand others, we are validating them and making them feel visible, which can be powerful, particularly for children.

# CHAPTER 2: HOW PRESENT ARE YOU

**Being present is a choice we all have every minute of every day.**

Some would argue that it is the most important choice we can make – *to be present* in the moment and aware of the here and now.

When you think about it, when you aren't present in the moment, you are never fully experiencing your external and internal worlds. If you are never truly here or there, what kind of life are you living? What kind of relationships are you building? Most importantly, what kind of understanding of self and others are you cultivating?

In our distracted, time-constrained world, we need to bring ourselves into the moment and focus on truly listening, or ABSORBing, what is being said to us. Setting an intention to ABSORB ensures we become present and remain in the moment to listen, which is the first of our Curiosity Skills. ABSORB stands for:



SCREEN SHOT BELOW SO YOU HAVE ON THE GO

**A—Attention**

**B—Body Language and Tone of Voice**

**S—Stop and Focus**

**O—Open to Understanding, Not Judging**

**R—Repeat through Paraphrase**

**B—Becalm the Gremlins**

# TAKE ACTION

## 1 SWITCH IT UP

When we do the same (or similar) routine every day, it can be easy to operate on autopilot!

For one day, switch up your routine and see what you notice. Take a different route to work, try a new approach to solving a challenge, have lunch at a new place, or better yet, take a lunch break and actually leave your workspace. What do you notice?

## 2 SET AN INTENTION TO BE CURIOUS

As you enter your conversations, set an intention to learn one new thing about the person you are speaking to—even if it is someone you have known your whole life. Ground yourself in the here and now, use your Curiosity Skills to ABSORB what the speaker is saying, and see what you learn.

## 3 BE AWARE OF NEGATIVE SELF TALK

Pay attention to your negative self-talk, or what we call the “gremlins” in your head. This competes for your attention in the present moment. Pay attention to what those gremlins are saying, and consider how you can quiet them. What can you do to acknowledge them and thereby dim the noise, creating silence to focus on the here and now? When you do, what do you notice? How do you feel?

## 4 BE STILL

Practicing being present in the moment for just one minute helps. The more you practice, the more you will find yourself living in silence, being in that sweet spot called NOW. Become fully aware of what being present means to you, so when you enter into a conversation, you can easily access this place and ABSORB what the speaker is saying.

## BONUS

# HOW PRESENT ARE YOU?

At a Mindful Leadership workshop at UCLA, facilitator Dawa Phillips offered a distinction that stuck with us: knowledge comes from insights, leadership comes from concepts — and the real work is learning to hold both.

That tension is exactly what this workbook is designed to help you navigate.

Our intention with *The Power of Curiosity* was never simply to inform. We're here for transformation. As leaders, it's easy to get boxed in by context — your role, your organization's expectations, the identity you've built around your title. This is your invitation to step beyond that box and turn what you know into how you lead.

### Start here:

Take the presence quiz below — adapted from the one we experienced at the Mindful Leadership Workshop. There are no right or wrong answers, only honest ones.

Once you've completed it, reflect on this question as you move through the workbook:

*How does your daily level of presence shape your ability to truly ABSORB what's happening in your conversations?*

Be honest. Be curious. Have fun.

## Day-To-Day Experiences

Text placeholder Using the 1-6 scale below, please indicate how often you currently have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be.

1	2	3	4	5	6
Almost Always	Very Frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently	Almost Never

1. I could be experiencing some emotion and not be conscious of it until some time later

1 2 3 4 5 6

2. I break or spill things because of carelessness, not paying attention, or thinking of something else

1 2 3 4 5 6

3. I find it difficult to stay focused on what's happening in the present

1 2 3 4 5 6

4. I tend to walk quickly to get to where I'm going without paying attention to what I experience along the way

1 2 3 4 5 6

5. I tend not to notice feelings of physical tension or discomfort until they really grab my attention

1 2 3 4 5 6

6. I forget a person's name almost as soon as I've been told it for the first time

1 2 3 4 5 6

7. It seems I am "running on automatic" without much awareness of what I am doing

1 2 3 4 5 6

8. I rush through activities without being really attentive to them

1 2 3 4 5 6

9. I get so focused on the goal I want to achieve that I lose touch with what I am doing right now to get there

1 2 3 4 5 6

10. I do jobs or tasks automatically, without being aware of what I'm doing

1 2 3 4 5 6

Text placeholder Using the 1-6 scale below, please indicate how often you currently have each experience. Please answer according to what really reflects your experience rather than what you think your experience should be.

1	2	3	4	5	6
Almost Always	Very Frequently	Somewhat Frequently	Somewhat Infrequently	Very Infrequently	Almost Never

11. I find myself listening to someone with one ear, doing something else at the same time

1 2 3 4 5 6

12. I drive places on 'automatic pilot' and then wonder why I went there

1 2 3 4 5 6

13. I find myself preoccupied with the future or the past

1 2 3 4 5 6

14. I find myself doing things without paying attention

1 2 3 4 5 6

15. I snack without being aware that I am eating

1 2 3 4 5 6

**Add up your scores and find your results below:**

**10–20 | Autopilot Andy.** You're getting things done — but your brain might be somewhere else entirely. You've probably walked into a room and forgotten why, nodded along in a meeting while mentally drafting your grocery list, and introduced yourself to someone you've already met. The good news? Awareness is the first step, and you're already here. This workbook was made for you.

**21–35 | Mostly Present.** Mostly you're tuned in — sometimes. You catch yourself drifting and can usually find your way back. You notice the tension in your shoulders eventually, remember names most of the time, and occasionally surprise yourself with how present you can be when you slow down. The opportunity? Making that version of you the default.

**36–48 | Waking Up.** You're building presence as a practice and it's starting to show. You notice more than you used to, even if you're not always sure what to do with what you notice. You're the person in the meeting who actually heard what was said — and caught what wasn't. Keep going. You're right in the sweet spot of growth.

**49–60 | The Zen Leader (Or a Very Good Faker).** Present. Grounded. Attuned. You notice emotions as they arise, you remember names, and you actually taste your food. Whether this comes naturally or from years of practice, you bring a quality of attention that people feel — even if they can't name it. Your challenge now: help others get here too. That's exactly what curiosity is for.

Remember: this isn't about being perfect, it's about being awake. Whatever your score, curiosity is what moves you forward.

# REFLECT

☆ Looking at your results above, what do you notice?

☆ How present do you feel you truly are?

☆ How can you use the Curiosity Skills to support you?

**'AHA' MOMENTS:**

# CHAPTER 3: HOW TO LISTEN

To communicate effectively and understand the perspectives of others - be respectful of them - we need to intentionally choose how we listen. When we are fully present in the moment, ABSORBing what is being said to us, all of a sudden several listening choices become available to us.

Rather than simply two listening choices—whether to listen or not—we believe we actually have five listening choices whenever we are listening to another person.

For example, we may choose to listen in order to understand the full intended meaning of the speaker. We may choose to just listen to the words spoken. Or we may choose not to listen, ignoring the speaker completely.

The **choice is always yours.**



SCREEN SHOT BELOW SO YOU HAVE ON THE GO

## THE 5 POWER OF CURIOSITY LISTENING CHOICES YOU ALWAYS HAVE

**Choice 1: Ignore the speaker**

Listener ignores what is being said

**Choice 2: Focus on me**

Listener processes information through own lens  
*"I want you to..." "I think you should..." "I would..." "*

**Choice 3: Focus on you**

Listener judges speaker in speakers context  
*"You should..." "You need to..." "You can't..." "*

**Choice 4: Focus on understanding**

Listener focused on learning to understand  
*"How did you do that?" "What do you want to do?"*

**Choice 5: Focus on us**

Listener has skin in the game  
*"We need to.... How do you think we can achieve this?"*

# TAKE ACTION

Use the chart below to track how you are choosing to listen in conversations.

Pay attention to whom you were talking with, how your listening choice influenced the conversation, what the outcome was, and how it affected your relationship.

## CHEAT SHEET

- ☆ If you hear yourself saying “I” a lot in conversation, then you are in Choice 2.
- ☆ If you hear yourself saying “you” a lot, then you are in Choice 3.
- ☆ If you hear yourself asking curious open questions (who, what, where, when, and), then you know you are in Choice 4.

If Practice and play with each choice, and pay attention to the outcomes you achieve.

Have fun!

# CHOICE OF LISTENING TRACKER

Choice of Listening	Who were you talking with? What were you doing?	How did your listening choice influence the conversation/relationship?	What was the outcome?	What did you learn?	How did you feel?

# CHAPTER 4: ASK CURIOUS OPEN QUESTIONS

Great leaders, innovative thinkers, and collaborative partners all know new possibilities and opportunities stem from asking a certain type of question.

Curiosity is achieved through asking a certain type of question, too. Let's refresh the 5 different types of questions we cover in THE POWER OF CURIOSITY.

Next to each type of question write an example as well as when it would be useful to use such a question:

**Closed question:**

**Use:**

**Judging closed question:**

**Use:**

**Curious open question:**

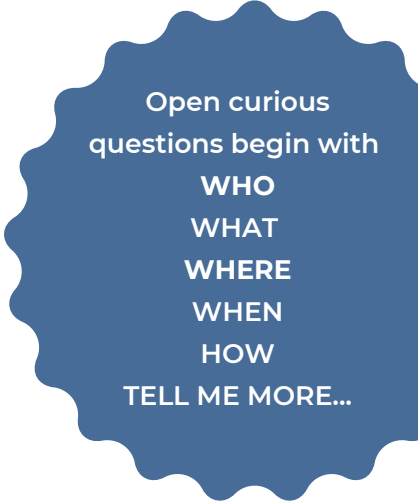
**Use:**

**Leading open question:**

**Use:**

**Judging open question:**

**Use:**



Open curious  
questions begin with  
**WHO**  
**WHAT**  
**WHERE**  
**WHEN**  
**HOW**  
**TELL ME MORE...**

# REFLECT

☆ Looking back at the types of questions discussed in this chapter, what types of questions do you find yourself using most? How come?

☆ How does that type of question support you in understanding others?

☆ Looking forward, what type of question will you practice using in conversations? How come?

☆ How can you use the five Listening Choices to support you in your curiosity and understanding others?

# CHAPTER 5: DEFINE YOUR VALUES

We all have an individual set of values, those non-negotiable characteristics that make us who we are. These values define our being, our core, how we show up in life.

When we live aligned with our values, we feel congruent, experiencing less resistance and conflict as we move through life. We feel connected to our self. We feel happy and successful, according to our individual definitions of happiness and success.

When we are not living in alignment with our values, we may feel slightly disconnected, and life can seem like a struggle.

When you understand your values, you can refer to them to help you make decisions about how you want to live your life. You'll have greater self-awareness, stronger/authentic relationships, greater integrity, and more credibility as a leader.

You'll create more opportunities for consistent behaviour, which will also help you be a better parent, son/daughter, partner, and friend. And you'll be able to make choices that lead you to your own happiness and success and to build authentic relationships.

Below is a list of some values for you to explore so you can discover what your values are and what they represent to you.

As you scan the list, don't overthink it. Don't choose the words you value, choose the ones that make you lean in.

**Tip:** If you find yourself stuck between two similar words (like Growth vs. Evolution), pick both for now. We will refine them in the next step!

# IDENTIFY YOUR CORE VALUES

Abundance	Collaboration	Family	Intuition	Play	Simplicity
Acceptance	Commitment	Flexibility	Joy	Pleasure	Stability
Accomplishment	Community	Freedom	Kindness	Popularity	Success
Accountability	Compassion	Friendship	Knowledge	Positive attitude	Teamwork
Achievement	Connection	Fun	Leadership	Power	Thankfulness
Adventure	Consistency	Generosity	Learning	Privacy	Thoughtfulness
Advocacy	Cooperation	Gratitude	Listening	Proactive	Time management
Ambition	Creativity	Growth	Living my passion	Professionalism	Tolerance
Appreciation	Credibility	Happiness	Love	Punctuality	Tradition
Attractiveness	Curiosity	Hard work	Loyalty	Quality	Transparency
Authenticity	Daring	Harmony	Making a difference	Recognition	Trust
Authority	Decisiveness	Health	Mindfulness	Relationships	Truth
Autonomy	Dedication	Honesty	Money	Reliability	Understanding
Balance	Dependability	Humility	Motivation	Resourcefulness	Uniqueness
Being the best	Diversity	Humor	Open-mindedness	Respect for self and others	Usefulness
Boldness	Empathy	Inclusiveness	Optimism	Responsibility	Versatility
Brilliance	Encouragement	Independence	Originality	Responsiveness	Vision
Calmness	Enthusiasm	Individuality	Passion	Risk taking	Warmth
Caring	Equality	Innovation	Peace	Safety	Wealth
Challenge	Ethics	Inspiration	Perfection	Security	Well-being
Change	Excellence	Integrity	Performance	Self-control	Wisdom
Charity	Fairness	Intelligence	Personal Development	Selflessness	

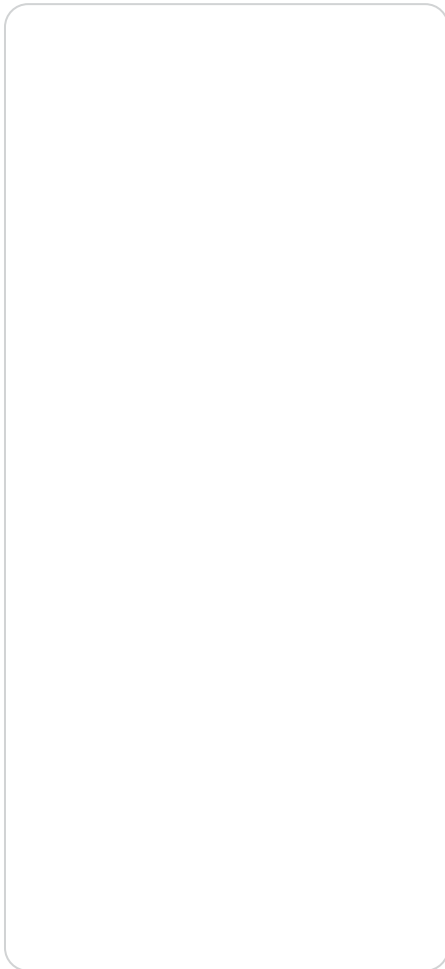
Now that you have your "Intuition List," it's time to find the patterns. Look at the words you checked/ circled—you'll notice that many of them naturally belong together. For example, Adventure, Freedom, and Risk-taking might all live under one roof for you.

**Your Goal:** Organize your circled values into 3 distinct groups.

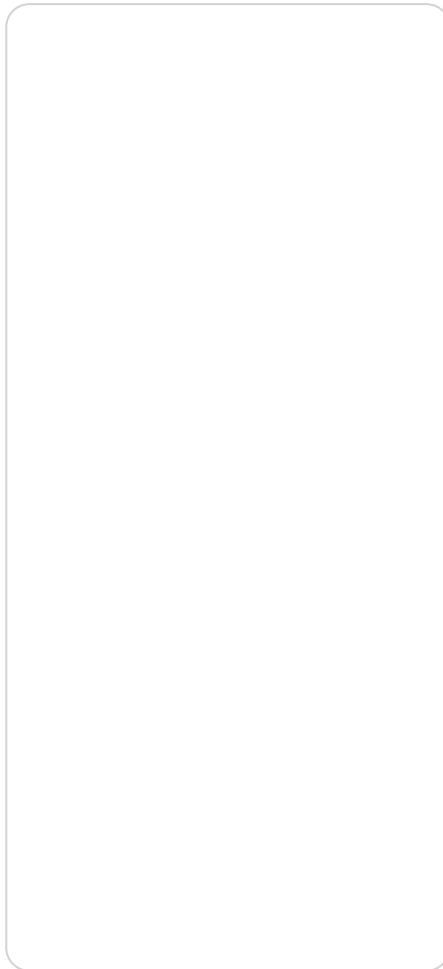
**Tip:** This isn't about being perfect; it's about being honest. If Money and Success are in a group, that's great! Acknowledge the themes that actually drive your life, not the ones you think sound the "best."

## GROUP YOUR VALUES


GROUP 1



GROUP 2



GROUP 3



# IDENTIFY YOUR CORE VALUES

It's time to move from "many" to "the few." Look at your three groups from the previous page. One word in each group will naturally feel like the "Anchor"—the word that perfectly summarizes the energy of that entire category.

**Your Goal:** Select your Top 3 to 5 Core Values.

## How to do it:

- **Choose Your Anchors:** Select one primary word from each of your three groups.
- **The Final Five:** If you feel a strong pull toward two extra words that don't fit your groups but feel non-negotiable, add them now.
- **The "Gut Check":** Read your final list out loud. If it makes you feel empowered and "seen," you've found them.

## My Core Values are:

1

2

3

4

5

# DEFINE YOUR VALUES

A value is just a word until you give it life. In this step, you aren't writing a dictionary definition; you are defining what this value looks like to you in your life.

**Your Goal:** Write a 1-2 sentence "Action Statement" for each of your top values.

Action statement = value + how you do it, how you live it.

## My Values In Action

Value

It means...

Value

It means...

Value

It means...

Value

It means...

Value

It means...

Value

It means...

# REFLECTION & INTEGRATION

Identifying your values is the "Aha!" moment; living them is the practice. Use these prompts to bridge the gap between who you are and how you show up in the world.

## The Audit:



**The Feel-Good Factor:** How do your top values make you feel good about yourself?



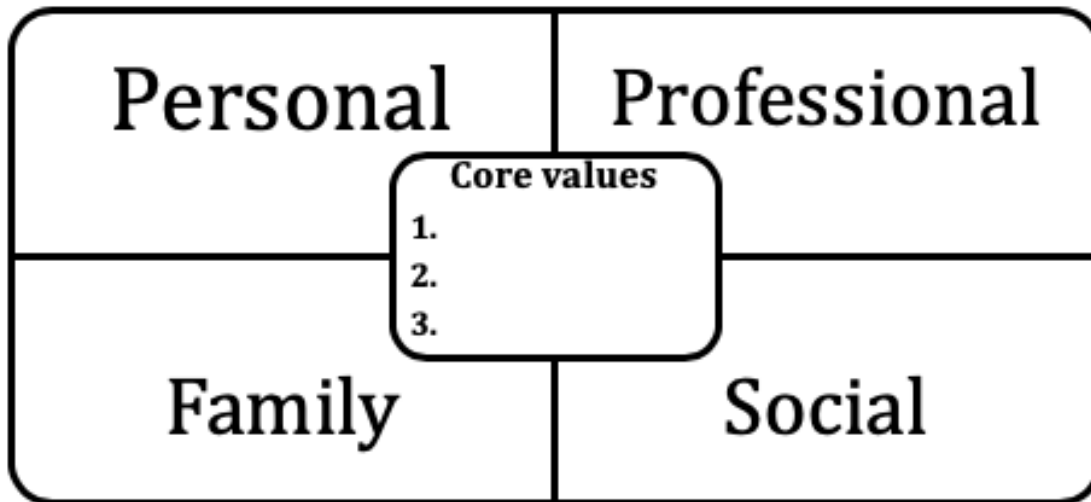
**The Friction Point:** Think of a recent time you felt frustrated or "off." Which value was being ignored or stepped on in that moment?



**The Minority Vote:** Which of these values would you stand by even if your choice was unpopular or put you in the minority?

## The Action Plan:

- **Current Alignment** - Looking at your core values:
  - ▶ How do they show up in your personal life?
  - ▶ How do they show up in your family life?
  - ▶ How do they show up in your professional/work life?
  - ▶ How do they show up in your social life with friends?



If you find you are not in alignment, or as aligned as you would like to be, explore how you can realign your life to reflect your core values.

<b>CORE VALUE 1</b>	How are you currently honoring your core values?	What are you noticing?	What can you do to bring yourself closer in alignment?
Personal			
Professional			
Family			
Socail			

<b>CORE VALUE 2</b>	How are you currently honoring your core values?	What are you noticing?	What can you do to bring yourself closer in alignment?
Personal			
Professional			
Family			
Socail			

<b>CORE VALUE 3</b>	How are you currently honoring your core values?	What are you noticing?	What can you do to bring yourself closer in alignment?
Personal			
Professional			
Family			
Socail			

# GROUP VALUES

A team or group of any kind can get curious and create their own list of values to define what they respect and what is important to them.

We invite you to get curious about the values of your own groups and relationships, and use the chart below to identify them.

Once defined, these values will help to bind your group together, clarifying what makes it unique and special.

Group	Value	What does it mean?	How do you honor and respect it?

## TAKE ACTION

Use the charts in this chapter to explore and identify your values, define what they mean, and decide how you want to honor your values in your life.

Be sure to explore both your individual and group values in all areas of your life—personal, professional, family, and social—and see how your values align in all the aspects of your life.

As you explore your values, make sure you are aware of the obstacles that can challenge them, such as your beliefs and assumptions.

*Pay attention to:*

- **BELIEFS**

Any time something follows a “yeah, but . . .” in your mind, you are most likely encountering a belief. Listen for this phrase, and when you encounter it, use your Curiosity Skills to identify this belief, understand it better, and discover how it is serving you in living your core values.

- **ASSUMPTIONS**

Assumptions can be so much fun to test. We make them based our values and our beliefs, and they occur in every conversation -- guaranteed. Explore the assumptions you are making in your life. Then, anytime you notice someone making a general statement, instead of taking it for granted, ask curious open questions to help you to better understand what is meant.

- **REFRAMING**

As you explore your beliefs and assumptions, use your Curiosity Skills to reframe and look at each one with a different lens. Use curious open questions as you reframe, such as, “How do I know this to be true? What am I missing? How can I look at this differently?”

# CHAPTER 6: WANTS & BOUNDARIES

When we ask clients "What do you want?" — the room gets quiet.

Most people can tell you exactly what they don't want. They don't want to feel stuck. They don't want conflict on their team. They don't want another year that looks like the last one. But ask them to name what they do want? That's where it gets hard.

And here's the thing: you can't hit a target you haven't set.

Getting curious about what you truly want — and then aligning those wants with your values — is what transforms a vague wish into a clear, achievable direction. It's not about having all the answers. It's about asking better questions.

So let's start there.

## Identify Your Top 3 Wants

- 1.
- 2.
- 3.

## SETTING BOUNDARIES

Think of personal boundaries as your non-negotiables — the invisible lines that define what's acceptable to you, with yourself and with others. They aren't walls meant to keep people out. They're the framework that holds you together.

When boundaries are missing, life starts to feel like it belongs to everyone else. You absorb other people's problems as if they were your own. You mistake their bad behavior for your fault. You shrink. You over-give. And somewhere along the way, you lose the thread back to yourself.

Boundaries change that.

When you set boundaries that are rooted in your values, something shifts. Saying no stops feeling like rejection and starts feeling like integrity. You feel grounded — not because life gets easier, but because you get clearer. Your true self has room to emerge, and from that place, you can actually show up for others without losing yourself in the process.

Because here's the truth: you can't pour from an empty cup — and boundaries are how you keep it full.

## WHEN TO SET A BOUNDARY

### **You might notice:**

- ➔ Constantly complaining,
- ➔ Feeling resentful,
- ➔ Taken advantage of,
- ➔ Angry,
- ➔ Compelled to do things you don't want to do,
- ➔ Saying YES when you want to say NO

That's your cue to set a boundary.

# HOW TO SET A BOUNDARY

**STEP 1** Explore where the feelings of frustration, anger, complaining, and/or resentment are coming from. What's happening for you to feel this way? Where are you saying yes when you mean no?

**STEP 2** Explore what needs to happen in order to honour your wants, needs, and self-care tools. What are you doing that others can do for themselves?

**STEP 3** If you hear “yeah but...”, get curious to uncover where the resistance is for you to invest in yourself. What's getting in the way? How is it serving you?

**STEP 4** If you find yourself saying yes when you want to be saying no, what is stopping you from saying no? How is this inability to say no supporting what you want and need?

**STEP 5** Once you have identified the reasons you feel you need to say yes, clarify what is permissible for you to say no to and what isn't. How is saying YES supporting your values and wants?

## CHAPTER 6: WANTS & BOUNDARIES

Use the chart below to get clear on what you want, explore how your wants connect to your values, and set the boundaries that will help you get there. Here's a way to think about it: your want is the destination. Your values and boundaries are the GPS.

Without a destination, there's no route to map. Without a route, you're just driving — busy, but not necessarily going anywhere meaningful. But when all three are aligned? You stop wandering and start moving with intention.

This chart is your starting point. Let's get you somewhere worth going.

TOP 3 WANTS	WHAT CORE VALUES SUPPORT YOUR WANTS?	WHAT BOUNDARIES CAN YOU SET TO SUPPORT YOUR VALUES & WANTS?

# CHAPTER 7: CONNECT VALUES TO EMOTIONS

Our emotional triggers begin at our values.

Understanding our values will help us understand our emotional triggers.

For each of your top three wants, now fill in what happens when that value/want gets disrespected, and what emotional reactions occur for you.

If you find a particular comment or incident pushes your emotional buttons, but you can't connect it back to any defined core value or boundary, then explore further what the underlying value might be. Once you identify it, add it to your list and support it with a boundary. Further exploration may be needed to get each of your values named and defined in a way that truly works for you.

## UNDERSTANDING YOUR EMOTIONAL TRIGGERS

Top 3 Wants	What core values support your wants?	What happens when that value/ want gets disrespected?	How do you react? What emotions come up for you?	What boundaries can you set up to support your values and emotions?

# CHAPTER 8: CALMING STRATEGIES

## ACCESSING CALMING STRATEGIES

Here is a recap of the 7 calming strategies we share in *The Power of Curiosity*.

We invite you to try a few calming strategies, and find at least one that works for you. Practice it often so you can easily access it when and if you need it. Be curious in your practice, and see what comes up for you, how you feel, and how your strategy supports you in your daily life.

1. **Meditation** (click to download)
2. **Deep Breathing**
3. **Visualization**
4. **Seeking solitude**
5. **Humming**
6. **Positive Self Talk**
7. **Time out**

## REFLECT

The real learning happens in the reflection.

Before you move on, pause and check in with yourself. These questions aren't about judging how it went — they're about getting curious about your own experience so you can build a practice that actually works for you.

- What calming strategy did you use?
- What did you notice when you tried this strategy?
- What felt helpful — and what felt off?
- Is this something you'd come back to?

# CHAPTER 9: MILLION DOLLAR ANSWER

The million dollar answer? You've already been learning it.

**It's The Power of Curiosity.**

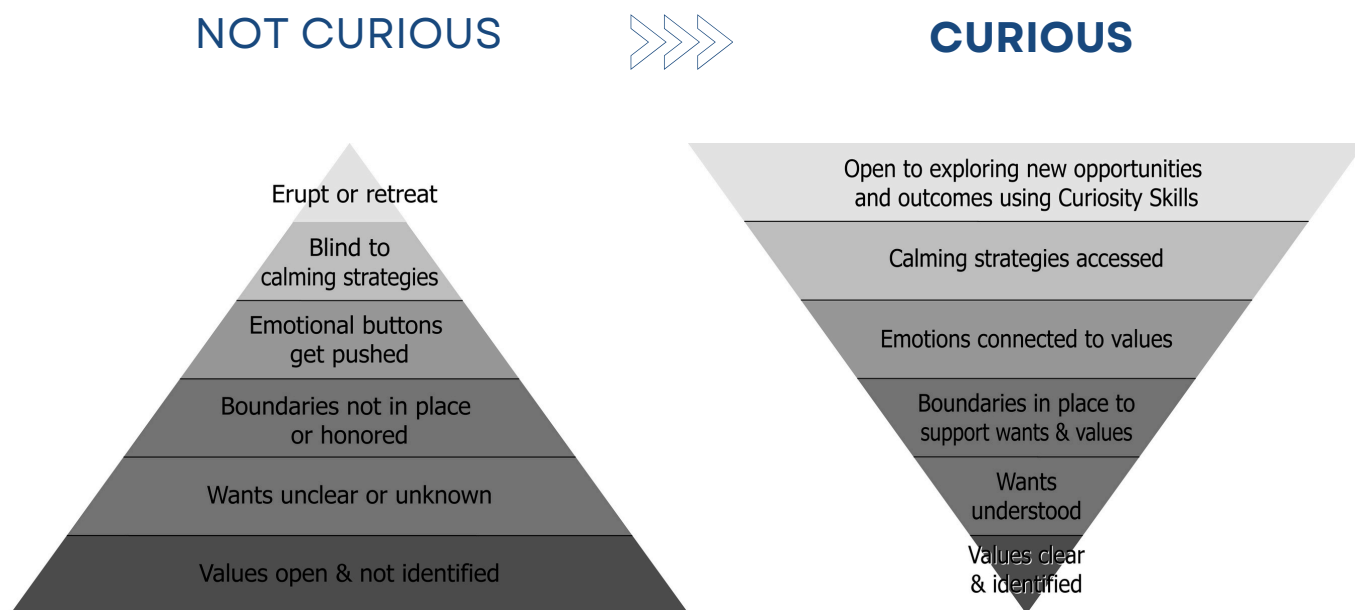
Without the Curiosity Skills, even the most well-intentioned conversations can slip into telling, blaming, and shaming — and conflict follows close behind.

But when curiosity leads the way, something different becomes possible.

Suddenly you can have the conversations you've been avoiding — the ones where the elephant in the room has been quietly taking up space. You can navigate the conversations that get heated and emotional without losing the thread.

And you can show up fully for the high-stakes conversations where you're personally invested in the outcome — without letting that investment get in the way.

Curiosity is the difference between a conversation that closes people down and one that opens them up.



## STRATEGY FOR CHALLENGING CONVERSATIONS

High-stakes conversations are the ones we lose sleep over, rehearse in the shower, and sometimes avoid altogether.

But avoidance doesn't make them go away — it just lets the tension grow.

One of the biggest mistakes people make? Walking in without a plan. When there's no clear goal, things get left unsaid — or said that you wish you could take back.

The conversation becomes more difficult, more uncertain, and more emotional than it needs to be.

What makes these conversations possible isn't the perfect script. It's **curiosity** — and a little intention.

Before you walk in, take a few minutes to get clear on what you want, prepare your mindset, and put your Curiosity Skills to work so you can finally have the conversation you've been putting off, in a way that moves toward possibility instead of conflict.

Use the cheat sheet below to help you prepare.

# PREPARE YOURSELF

**1**

WHAT ARE MY GOALS FOR THE CONVERSATION?

**2**

WHAT DOES SUCCESS LOOK LIKE?

**3**

WHAT'S ONE THING I AM CURIOUS ABOUT?

*{eg. What might be going on for them that I don't know?}*

**4**

WHAT DO I SEE AS POSSIBLE CHALLENGES IN THE CONVERSATION?

**5**

HOW DO I WANT TO FEEL & WHAT DO I NEED TO DO TO FEEL IT?

# You've Done the Work!

## Now, Let's Keep the Momentum Going!

Congratulations on completing this journey! Taking the time to dive into *The Power of Curiosity* is no small feat. You've equipped yourself with the tools to transform conflict into connection and silence into conversation.

But as we know, the true test of leadership doesn't happen when things are calm—it happens when the pressure is on.

We'd love to stay connected with you as you put these skills into practice.

### ☆ SHARE YOUR STORY

The biggest compliment we can receive is hearing how these tools have worked for you. Reviews help other people find the resources they need to create more curious, collaborative workplaces.

[Leave a Book Review HERE](#)

### ☆ TAKE YOUR LEARNING FURTHER

Knowing the "Million Dollar Answer" is a great start, but living it under stress is where the real growth happens. We all have habits and blind spots that surface the moment things get heated.

If you're ready to see how curiosity can specifically strengthen your leadership when it matters most, visit our website to explore deeper insights, tools, and videos.

Explore More at [InstituteOfCuriosity.com](https://www.instituteofcuriosity.com)

- Uncover your unique "stress habits" and blind spots.
- Deepen your self-awareness to stay curious in high-stakes moments.
- Access additional resources to help you lead with intention.

We are truly honored that you joined us on this journey. Keep staying curious!

xo Kirsten & Kathy

KIRSTEN SIGGINS & KATHY TABERNER  
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FOUNDERS | INSTITUTE OF CURIOSITY

