

PEOPLE + PURPOSE + POSSIBILITY

The Human-Centered Reset

5 questions every leader needs in the age of AI and change

Change is accelerating, but clarity still comes from being human. Pause, realign, and lead with intention without losing yourself in the process.

A practical resource from Change Dr. Tiff

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There are no right answers here. Only honest ones.

Five Questions for Human-Centered Leadership

Move slowly through each question. Notice what deserves your attention before deciding what needs to change.

1. What part of my work still feels deeply human?

What cannot be automated, rushed, or reduced to efficiency? Where do empathy, judgment, creativity, or presence matter most?

This is often where your greatest value lives.

2. Where am I reacting instead of responding?

What decisions are being driven by urgency, fear, or pressure rather than clarity? What might shift if you slowed down long enough to choose intentionally?

Responsiveness is power. Reactivity is exhaustion.

3. What value do I bring beyond my job title?

If roles evolve or systems change, what remains true about your contribution? What strengths, perspectives, or ways of seeing travel with you wherever you go?

Titles change. Identity endures.

4. Who am I becoming in this season of change?

Growth often shows up before certainty does. What are you learning about yourself right now, even if the path ahead is not yet clear?

Becoming is part of the work.

5. What does aligned leadership look like for me right now?

Not someday. Not later. What is one small way you can lead with integrity, clarity, or compassion today?

Alignment begins in the present moment.

Your Human-Centered Reset

Use this page to turn reflection into one grounded next step.

What I need to release	
What I need to protect	
What I need to clarify	
Who I need to hear from	
One aligned action I will take	

Closing Reflection

Human-centered leadership begins with awareness. When you slow down long enough to ask better questions, you create space to lead with purpose rather than pressure.

If you are navigating identity, work, and change, know that you are not alone.

Lead the change without losing the human.