

— KATHY RICHARDSON —

BUILT TO RISE

— SUPPLEMENTAL GUIDE —

A COMPANION WORKBOOK TO
REINVENT YOURSELF WITHOUT STARTING OVER



KRise

— L E A D E R S H I P —

LEAD WITH PURPOSE. CREATE IMPACT. RISE TOGETHER.

Workbook Summary

This leadership workbook and journal is a companion to *Built to Rise: Reinvent Yourself Without Starting Over*. It was created to help leaders, professionals, and reinvention-minded readers move from inspiration into intentional action.

Inside, you will assess your current foundation, build your skill stack, reflect on each chapter, expand your influence, strengthen emotional discipline, track weekly growth, complete a 30-day challenge, and create a 90-day reinvention strategy.

Use this guide as a personal development workbook, coaching tool, book club companion, or leadership workshop resource.

What You Will Build

- Clarity about your current professional foundation
- A stronger personal skill stack
- Greater influence and strategic visibility
- Emotional discipline and leadership resilience
- A practical 30-day and 90-day growth plan

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Learn. Lead. Leverage.

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Welcome to the Journey



Dear Leader,

Welcome to the *Built to Rise* Leadership Workbook and Journal. I created this workbook to give you space to slow down, reflect, and turn insight into movement.

This journey is not about starting over. It is about honoring what you have already survived, learned, built, and become — then using it with greater clarity and intention.

As you move through these pages, give yourself permission to be honest. Write what you are ready to release. Name what you are ready to build. Most of all, remember that you already have more within you than you may realize.

Kathy Richardson

Your Rise Commitment

I commit to honoring my experience, learning with humility, leading with intention, and leveraging my gifts for meaningful impact.

I will not minimize what I have built. I will not wait for permission to grow. I will take intentional steps toward the leader I am becoming.

Signature / Date



ABOUT THE AUTHOR



Kathy Richardson is a leadership coach, business transformation strategist, and author of *Built to Rise*. With more than 20 years of experience across automotive, technology, and financial services, she helps professionals grow their influence, navigate change, and reinvent themselves without starting over.

A NOTE TO THE LEADER



This guide was created to help you move from inspiration to action. Use these pages to reflect, apply what you learn, and take intentional steps toward the leader you are becoming.

You do not need to start over to rise.

Learn. Lead. Leverage.

— *Kathy Richardson*



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LEADERSHIP

LEAD WITH PURPOSE. CREATE IMPACT. RISE TOGETHER.