

The cover features a white background with large, overlapping, semi-transparent orange and light grey circles. A prominent orange leather-like strap with a white dashed border and a silver-colored metal fastener runs horizontally across the middle. The title is printed in bold black text on the strap, and the subtitle is on the white background below it. The author's name is at the bottom left.

CORPORATE POWER & INFLUENCE JOURNAL

**A STRATEGIC REFLECTION TOOL FOR
WOMEN IN LEADERSHIP**

LINDA REDDY



HELLO,

Many women are told that success at work is simple: work hard, deliver results, and recognition will follow. Over time, I learned that while performance matters, it is not the full picture. Across more than 25 years working in different industries and countries, I began to see something else - careers are shaped by power, visibility, relationships, and dynamics that are not always visible on the surface.

Many of these lessons came through lived experience, and a few came the hard way. There were moments of clarity, and moments of questioning - times when things did not quite make sense, but could be felt.

Over time, patterns began to emerge.

This led me to develop what I now describe as the 11 Invisible Games of Corporate Power and the 22 Human Dynamics reflected throughout this journal. Many women sense these dynamics, but are rarely given the space to pause and reflect on them. I created this journal to offer that space - a place to think clearly, reconnect with your voice, and reflect on the direction you want your career to take. Along the way, there have been many lessons about leadership, confidence, and navigating the environments we work within.

The prompts in this journal are designed to support that reflection.

Clarity is one of the most powerful tools any leader can develop.

- * Clarity about yourself.*
- * Clarity about the environment around you.*
- * Clarity about the impact you want to have.*

If this journal helps you pause, reflect, and move forward with greater clarity and confidence, then it has served its purpose.

With Respect,



Linda Reddy

Global Executive | Decoding Corporate Power

LINDA REDDY

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**CORPORATE POWER & INFLUENCE
REFLECTION JOURNAL**

BY LINDA REDDY

HOW TO USE THIS JOURNAL

Use this journal for 90 days of behavioural observation.

Each entry helps you track:

- Your distance from real decisions
- Signals of influence in your environment
- How you enforced or avoided boundaries
- Your emotional regulation under pressure
- The strategic moves you made

Over time patterns appear.

Power rarely moves loudly.
It moves through behaviour, access, and narrative.

Use these pages to see what others miss.
Corporate environments run on three invisible forces:

Access - Who gets close to decisions.

Narrative - Who shapes the story about performance.

Control - Who influences outcomes.

Many professionals focus only on work.

But careers are shaped by power proximity.

This journal trains you to observe it.

THE SYSTEM YOU HAVE BEEN OBSERVING

Over 90 days you will notice patterns you have always felt but never named.

Decisions made before the meeting started.
Influence that moves without announcement.
Careers that advance without explanation.
Authority that belongs to people who never demanded it.

You have been inside a system.
Now you are learning to read it.

Corporate environments run on 11 invisible games and
22 human dynamics.

The games are structural.
They determine who advances and who stalls.

The dynamics are psychological.
They determine why people behave the way they do inside
power systems.

Most professionals spend entire careers
feeling both - without ever having the language to name
either.

This journal begins that process.

The complete list of all 11 games and all 22 dynamics
is at the back of this journal.

Turn there now if you want to see them.
Or let the 90 days reveal them to you first.

A STRATEGIC SPACE FOR AUTHORITY DEVELOPMENT.

Power accumulates through behavioural consistency.
It erodes through emotional leakage.
This journal is built to train awareness of both.

Leadership begins in private.

Before the meeting.
Before the decision.
Before the difficult conversation.

**THIS JOURNAL IS DESIGNED FOR WOMEN OPERATING
INSIDE COMPLEX SYSTEMS. IN BUSINESS,
COMMUNITY, AND LIFE.**

Inside these pages, you will find space to:

- * Strengthen your voice
- * Clarify your standards
- * Set and protect boundaries
- * Navigate power dynamics
- * Reflect before you respond
- * Lead from grounded conviction

Because sustainable leadership is not built on noise.
It is built on clarity.

Leading from within starts here.

LEADING FROM WITHIN

Leadership begins with the way you lead yourself.

Every woman influences someone.
Through her standards.
Through her choices.
Through her courage.

Before you lead outwardly, lead inwardly.

Return to these questions whenever clarity is needed.

Where am I confusing visibility with influence?
Where am I performing instead of positioning?
Where am I shrinking instead of standing tall?
What boundary needs strengthening?
What conversation am I avoiding?
What standard am I modelling?
What does courage look like for me right now?
Who am I becoming through my choices?

Leadership is not a title.
It is a daily decision.

THE 11 INVISIBLE GAMES OF CORPORATE POWER

The questions every senior professional eventually asks - but is never given the language to answer.

ARENA 1 - ACCESS

Game 1: The Visibility Game

Why is my work not being noticed at the level it deserves?

Game 2: The Sponsorship Game

Why are others being promoted when my results are just as strong?

Game 3: The Closed Door Game

Why do decisions feel like they have already been made before the meeting begins?

ARENA 2 - POSITIONING

Game 4: The Loyalty Trap

Why did the loyalty I showed backfire when leadership changed?

Game 5: The Replaceability Game

Why am I not moving despite being told I am invaluable?

Game 6: The Composure Game

Why do calm leaders consistently rise faster?

Game 7: The Reputation Game

Why do people still see the version of me from 3 years ago?

Game 8: The Scarcity Game

Why does advancement become harder the more senior I become?

ARENA 3 - AUTHORITY

Game 9: The Narrative Game

Why does how things are framed matter more than what actually happened?

Game 10: The Presence Game

Why do some leaders command attention the moment they enter a room?

Game 11: The Decision Rights Game

Who actually decides - and how do I influence that person?

Performance gets you in the room.

The invisible system decides what happens once you are there.

The complete framework, personal stories, and Operator Moves for all 11 games are in

THE 11 INVISIBLE GAMES OF CORPORATE POWER

lindareddy.uk

THE 22 HUMAN DYNAMICS OF CORPORATE POWER

Behind every game is a person playing it.
Behind every person is a dynamic driving them.

IDENTITY & STATUS

1. Identity Threat
2. Status Protection
3. Hierarchy Signalling
4. Belonging Currency

FEAR & CONTROL

5. Loss Aversion
6. Uncertainty Response
7. Control Illusion
8. Threat Displacement

POWER & INFLUENCE

9. Proximity Bias
10. Credibility Transfer
11. Influence Debt
12. Decision Gatekeeping

RELATIONSHIPS & TRUST

13. In-Group Loyalty
14. Out-Group Suspicion
15. Trust Architecture
16. Reciprocity Pressure

AMBITION & SURVIVAL

- 17. Advancement Anxiety
- 18. Visibility Conditioning
- 19. Scarcity Mindset
- 20. Resilience Performance

NARRATIVE & PERCEPTION

- 21. Story Ownership
- 22. Reputation Lag

You have been observing these dynamics for 90 days.
Now you have the language to name them.

The complete framework and navigation strategies
for all 22 dynamics are in

THE 22 HUMAN DYNAMICS OF CORPORATE POWER

lindareddy.uk

WHAT COMES NEXT

You have spent 90 days observing.

You have tracked who gets close to decisions -
and who does not.

You have noticed who shapes the story -
and who gets described by it.

You have watched influence move through rooms
before the formal conversation begins.

You have been reading the invisible system.

Now it is time to name it.

THE 11 INVISIBLE GAMES OF CORPORATE POWER

Maps the structural system you have been observing.

11 Games. 3 Arenas. One complete framework
for reading every room, every board,
and every career decision - including yours.

This is not leadership development.
This is structural intelligence.

THE 22 HUMAN DYNAMICS OF CORPORATE POWER

Goes deeper.

Behind every game is a human being protecting something, pursuing something, or afraid of something.

When you understand the 22 dynamics driving the people around you - you stop being surprised by the system and start navigating it with precision.

You were only given half the rulebook.
These two books contain the other half.

Linda Reddy

Date: _____

Decision proximity: _____

What did I learn today? _____

Influence signals observed: _____

Boundary enforcement: _____

Emotional regulation score (1–10): _____

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Strategic move made: _____

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OPERATIONAL CONSISTENCY

What you repeat becomes who you are.

Small habits shape strategic outcomes.

If you say yes to everything, you stand for nothing.

Consistency builds confidence.

Discipline is self-respect.

Reliability builds trust.

Trust builds access.

Access builds influence.

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POWER & BOUNDARIES

If you keep lowering your standard,
people will keep lowering theirs.

A boundary is not rude. It is clear.

If you want respect, act in a way that demands it.

Calm women are powerful women.

RECOVERY & REGULATION

You do not grow by staying comfortable.

Recovery prevents strategic collapse.

Remove emotional reactivity.

Quitting is different.

Setbacks are feedback.

Learn fast. Adjust faster.

Recovery is part of progress.

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SOCIAL POWER SIGNALS

You are always setting an example.

Reputation spreads faster than performance.

You do not need to prove your worth.

Take up space without apology.

Who controls informal narrative in my environment?

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STRATEGIC IDENTITY

You are becoming someone every day. Choose wisely.

Do not shrink to make others comfortable.

Raise your standard, not your voice.

Be firm. Remain respectful.

You are allowed to evolve.

Your identity determines the rooms you are invited into.

What identity am I signalling?

Is it aligned with my target level?

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LEADING FROM WITHIN - A RESET

Pause before you turn the page.
Leadership is not built in intensity.
It is built in consistency.
If you feel stretched, uncertain, reactive or tired
- return inward.

Reset your standards.
Reset your focus.
Reset your courage.
Ask yourself:
Where have I drifted from my values?
What behaviour no longer reflects the woman I am
becoming?
What conversation have I postponed for too long?
What boundary needs reinforcement?
Where am I choosing comfort over growth?
What must I recommit to - starting today?

Small corrections prevent large regrets.
Realign. Refocus. Rise again.

Self-correction protects authority.

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LEADERSHIP

Leadership is how you behave when no one is watching.

You lead every room you enter.

Standards matter more than titles.

Leadership starts with self-control.

You cannot lead others if you avoid leading yourself.

Authority compounds when behaviour remains stable under pressure.



A woman rises the moment she refuses to shrink to fit.

Courage is not noise. It is disciplined action on hard days.

Purpose grows when you stop betraying yourself.

Leadership is not position. It is responsibility.

CONTROLLED RISK

Risk avoided compounds weakness.

Risk calibrated compounds authority.

Hard conversations prevent structural decay.

Delay is often disguised fear.

POWER CALIBRATION

Where did influence shift this week?

Who controls narrative?

Who controls outcomes?

Where am I outside the real decision loop?

This observation is critical.

ALTITUDE

Careers are not ladders. They are mountains.

You do not climb to be liked. You climb to see clearly.

At altitude, the air is thin. So are excuses.

You steady your mind when others lose theirs.
You choose courage without theatre.

Grace is not fragility. It is strength under control.

Steel in your spine. Warmth in your voice.

Strength under control. Precision under pressure.

Not in conflict - in command.

Be assertive without apology. Decisive without cruelty.

Weak leadership reacts. Strong leaders regulate.

And when the path narrows -
when silence feels safer - you hold your ground.

You are here to move mountains.

To shift systems. To change outcomes.
To climb strategically. You are not here to be liked.

You are here to lead.
From hard work to influence.

POWER & BOUNDARIES

If you keep lowering your standard,
people will keep lowering theirs.

A boundary is not rude. It is clear.

Silence is not always strength. Sometimes it is fear.

If you want respect, act in a way that demands it.

Calm women are powerful women.

CORPORATE POWER & INFLUENCE REFLECTION JOURNAL

Designed for high-performing women operating inside complex systems. This is not a journal for inspiration. It is a training ground for authority.

Use it to:

- Track decision proximity
- Strengthen boundary enforcement
- Increase political intelligence
- Regulate under pressure
- Position long-term influence

Because leadership is not position. It is behavioural control under scrutiny.

Linda Reddy

Author – Decoding Corporate Power & Influence

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