



CATALYST

A Human-Centered Leadership Workbook
for Girls in STEM

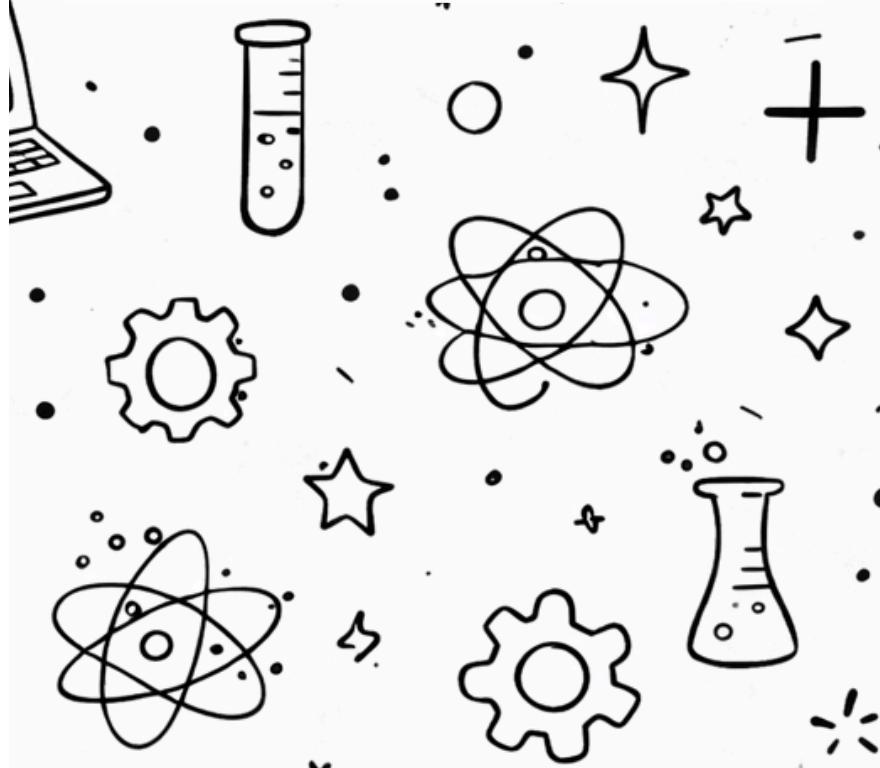
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CHAPTER 1

CLARITY OVER CONTROL



CLARITY OVER CONTROL

Catalyst Principle: C is for Clarity Over Control

Clarity means understanding what matters **before** you act.

Control is trying to manage everything at once, often without a clear plan.

When we rush to control outcomes, we get overwhelmed.

When we pause for clarity, we make better decisions.

Clarity helps you decide:

- What is the goal?
- What matters most?
- What does success look like?

In **STEM**, clarity comes first.

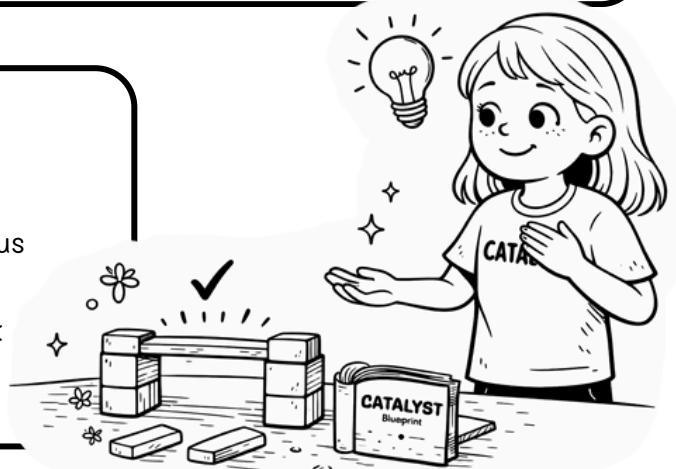
Engineers plan before building.

They define the problem before solving it.

Leadership begins with clear thinking.

Ask Yourself

- What is the goal?
- What do I need to focus on first?
- What does “done” look like?



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Luna's Story: Before She Started

Luna liked figuring out how things worked.

When she got an idea, her hands wanted to move right away.

She wanted to build before thinking too much.

One day, Luna started building a structure quickly. Halfway through, she felt confused.

Nothing fit the way she expected.

Luna stopped and looked at her project.

She asked herself:

- What am I trying to build?
- What do I want this to do?

She realized she hadn't decided that yet.

So Luna paused.

She made a simple plan.

Then she started again.

This time, the structure made sense.

**Luna learned that clarity wasn't slowing her down.
It helped her move forward with purpose.**

Pause & Reflect

Answer in short sentences (no perfect answers needed)



When I rush, what usually happens?

How do I feel when I don't have a clear plan?

What helps me slow down and think?



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Pause & Reflect

Answer in short sentences (no perfect answers needed)



What does control feel like in my body?

What is one thing I can decide before I start next time?

Fill in the blanks:

“Clarity means _____.”

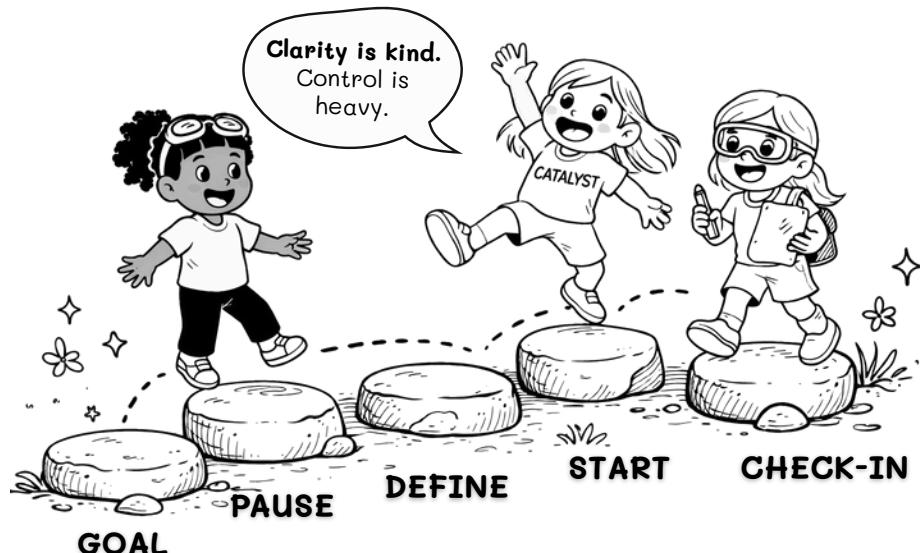
“Control feels like _____.”



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Mini Challenge: The Clarity Map (5 Steps)

Use this before starting something new.



Step 1 — What is the goal?

"We are going to _____." 99

Step 2 — What does success look like? What materials do I need?

_____.

Step 3 — Define “Done”

“It works when _____.” 99

Step 4 — What is my first step

_____.

Step 5 — What can I ignore for now?

_____.

STEM Activity: “Build With Clarity”



The Challenge

Build a small structure that can stand on its own for **10 seconds**.

Materials (choose what you have)

- Paper,
- Scissors,
- Tape or glue,
- Popsicle sticks (ice cream sticks),
- String (optional),
- Coins.

Before you build: write your Clarity Map

Answer before touching materials:

- What is my goal? _____
- How will I know it works? _____
- What is my first step? _____

STEM Activity: “Build With Clarity”



Build & Test

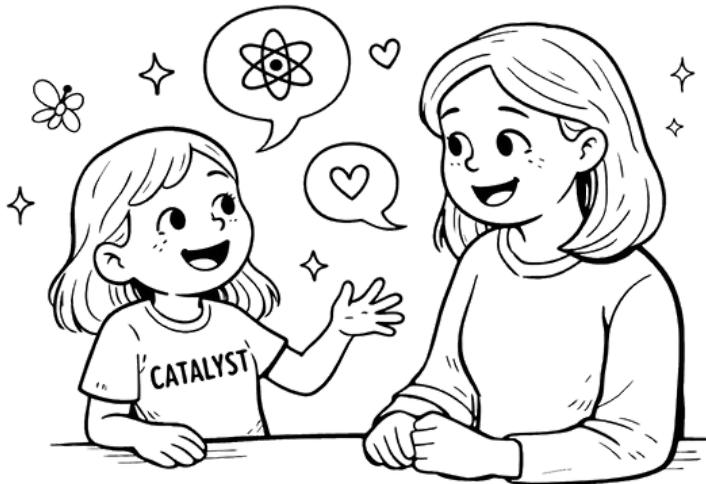
- Build your structure
- Test it
- Make **one** clear adjustment if needed

Reflection

- What changed when I planned first?
- How did clarity affect my build?
- How is clarity different from control?

Talk About It

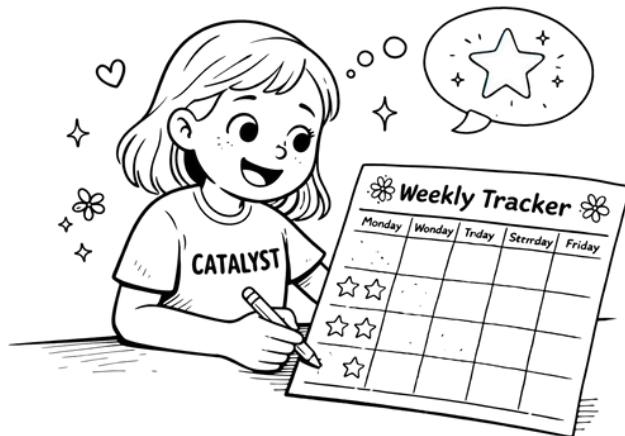
Ask your mom



- When do you pause to get clarity?
- When does control make things harder?
- How can we plan before reacting?

7-Day Clarity Tracker

Each day, write ONE small clarity action.



Day 1: I defined the goal.

Day 2: I paused before starting.

Day 3: I planned my steps.

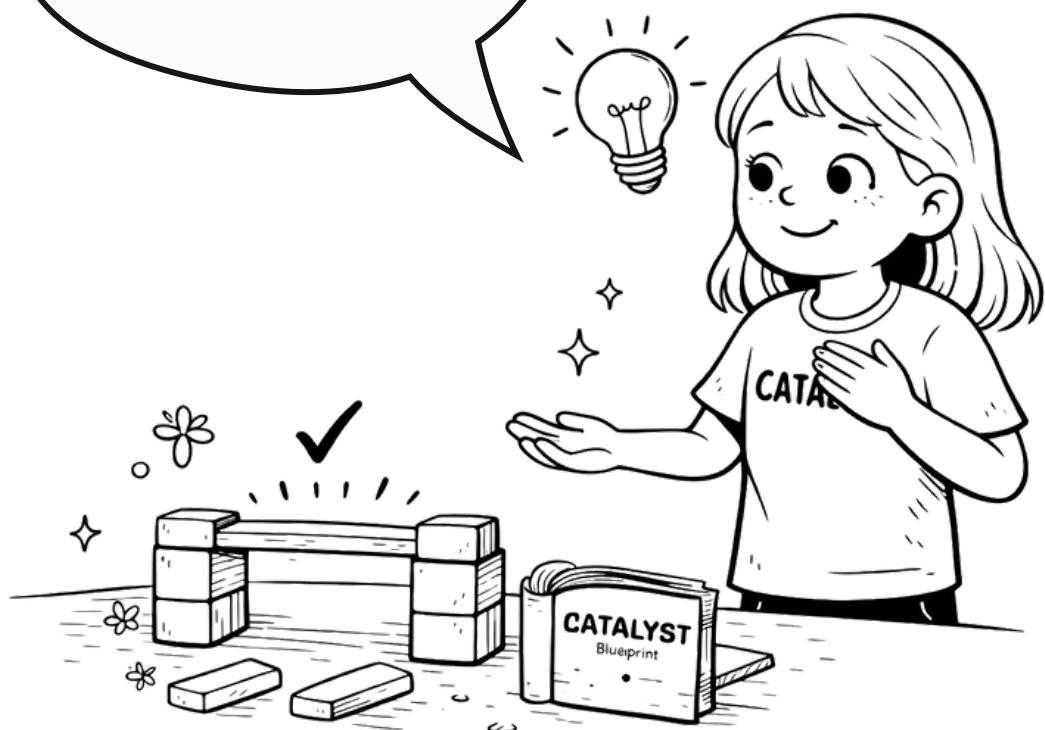
Day 4: I focused on what mattered.

Day 5: I ignored distractions.

Day 6: I adjusted calmly.

Day 7: What clarity helped me do:

**Clarity Helps
Me Shine**



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