Leading with Heart, Mind, & Body

An Introduction to Conscious Leadership

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BE AN ENERGY QUEEN!

MASTER THE TOOLS TO HAVE CONSTANT ACCESS TO YOUR ENERGY & VITALITY!

Romy Yoga - The Energy Queen - Based on the work of the Conscious Leadership Group
romyoga.com  732-991-6607
Leading with Heart, Mind and Body: An Introduction to Conscious Leadership
How do we lead with heart, mind and body?
We get out of our heads and practice dropping into our heart, mind and body!
Body
Sensation:
Feeling:
Thought:
Consciousness

Consciousness is about being fully present, awake and aware of what is going on in our minds & hearts, giving us the mental ability to manage any external event with grace, compassion & capability.
What Do Conscious Leaders Do?

“Conscious Leaders” inspire others to be their best self and create a positive work and home environment.

Who Is A Conscious Leader?

A Conscious Leader is someone who leads with Conscious Awareness. ...inspires and engages others to move in a direction together and to accomplish something together.
Conscious Leaders Create

We create...

- More energy
- Deeper connection
- Increased creativity
- Confidence
- Awareness
- Full engagement
- Love (Yes, we said love)
- Sustainable transformation
Conscious Leaders Believe

We believe...

- You always have a choice
- You create your reality
- In the power of play
- Suffering is optional
- Being human is being messy
- In telling the truth
Conscious Leaders know that it takes work. Why?

Because of FEAR
WHAT'S YOUR ISSUE?
CONTENT =
The issue

CONTEXT =
How you're being with the issue
CONTENT VS CONTEXT

- Details
- The Story
- Perceptions

Intention
- What do I want to think?
- What do I want to feel?
- What energy am I creating?

“I am here to set you and I up for success.”
“I am here to generate a win-win.”
What can I learn from this?
I wonder what the lesson/gift is?
How is this familiar?
My preference is ... I wonder ...
Hmmm ... I agree to ...
I choose to ...
I cause ...
I commit to ...
What I hear you saying ... 
My body sensations are ...

I should - I can't
I'm right - It's hard
I'm trying
It's not my fault
I'm confused
The "fact" is
I have to
You made me
I'm sorry (with an excuse)
Always/Never
"Why" questions
You're not listening to me
It's no use
My way or the highway
They don't get it
WHAT IS A COMMITMENT?
EXERCISE FOR PHYSICAL EXPERIENCE OF COMMITMENT

COMMITMENT IS AN ACT NOT A WORD
Commitment #1: Responsibility

I commit to taking full responsibility for the circumstances of my life, and my physical, emotional, mental and spiritual well being. I commit to support others to take full responsibility for their lives.

I commit to blaming others and myself for what is wrong in the world. I commit to be a victim, villain, or a hero and take more or less than 100% responsibility.

Are you willing to Shift?

- What are the three most significant repeating challenges I have in my life right now?
- Where am I taking more than 100% responsibility in my life?
- Where am I taking less than 100% responsibility in my life?
- Who or what am I blaming?
- Where am I feeling “at the effect of” something or someone?
- Who am I seeing as incapable?
- Who am I seeing as needing to saved or rescued in someway?

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TOOLS TO GET OUT OF THE DRAMA TRIANGLE
HOW TO SHIFT
What is my 100% responsibility here?

COMMITMENT 1

TAKING RADICAL RESPONSIBILITY
COMMITMENT 2
LEARNING THROUGH CURIOUSITY

"I am neither clever nor especially gifted. I am only very, very curious."
-Albert Einstein
Commitment #2: Self Awareness

I commit to growing in SELF AWARENESS. I commit to regarding every interaction as an opportunity to learn. I commit to CURIOSITY as a path to rapid learning, including letting go of any defensive patterns.

I commit to being right and to seeing this situation as something that is happening TO me. I commit to being defensive especially when I am certain that I am right.

Are you willing to Shift?

- What can I learn from this situation?
- How can I create what I most want?
- I wonder what I don’t know that I don’t know?
- What do I really want to create?
- Do a curiosity dance
- Go for a wonder walk.
- Create a wonder question.

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COMMITMENT 3

FEELING ALL FEELINGS
Commitment #3: Feeling All Feelings

I commit to feeling my feelings all the way through to completion. They come, and I locate them in my body then move, breathe and vocalize them so they release all the way through.

I commit to resisting, judging and apologizing for my feelings. I repress, avoid, and withhold them.

Are you willing to Shift?

- What feeling zone has the most sensation right now?
- Do I have any chronic conditions in my body that may be related to unexpressed feelings?
- If I am feeling angry, what boundary is being crossed or what change would I like to make?
- What feelings am I unwilling to feel all the way through to completion? (anger, sadness, fear, sexual feelings, joy)
- What strategies do I use to prevent others from feeling their feelings all the way through to completion?
FEELINGS

- Ecstatic
- Enraged
- Envious
- Exasperated
- Exhausted
- Frightened
- Frustrated
- Grieving
- Guilty
- Happy
- Horrified
- Hot
- Hungover
- Hurt
- Hysterical
- Indifferent
- Idiotic
- Innocent
- Interested
- Jealous
- Joyful
SADNESS: the chest and head; decreased activation in the arms, legs, and feet

ANGER: upper half of the body and the arms; also some activation in the legs and feet

JOY: throughout the entire body

CREATIVE/SEXUAL throughout the entire body, though not much in the legs

FEAR: upper half of the body, excluding the arms; also some activation in the feet
SADNESS:

The chest and head; decreased activation in the arms, legs, and feet
ANGER:

Upper half of the body and the arms; also some activation in the legs and feet
JOY:
Throughout the body
FEAR:

Upper half of the body, excluding the arms; also some activation in the feet
CREATIVE/SEXUAL:

Experienced throughout the entire body
Express Your Emotions
Thank you!

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