



- The ISS Mary Anne Haas -  
**WOMEN'S SYMPOSIUM**

presents

— *Leading with* —  
*Heart, Mind, & Body*

An Introduction to Conscious Leadership

**Facilitated by Romy Toussaint -  
The Energy Queen**

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**BE AN  
ENERGY  
QUEEN!**



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



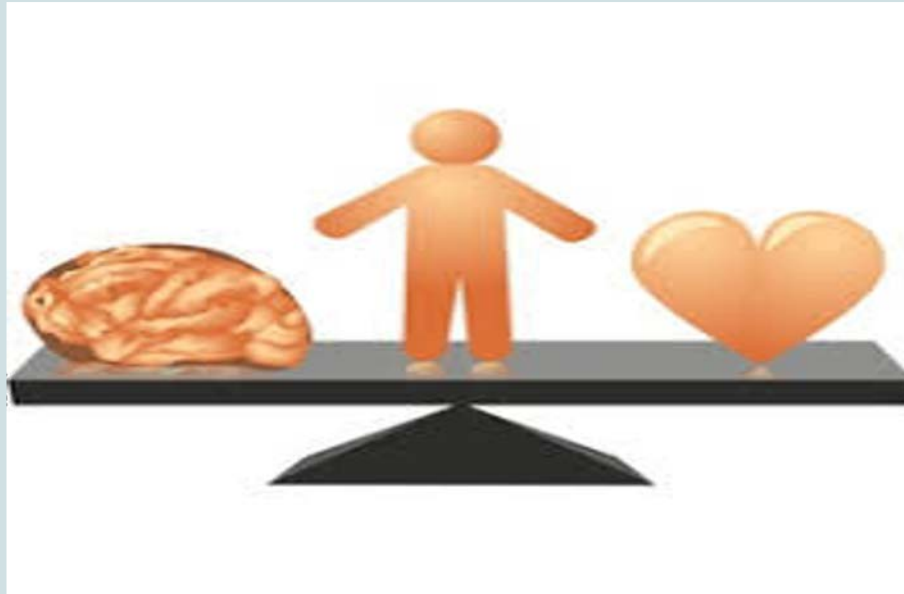


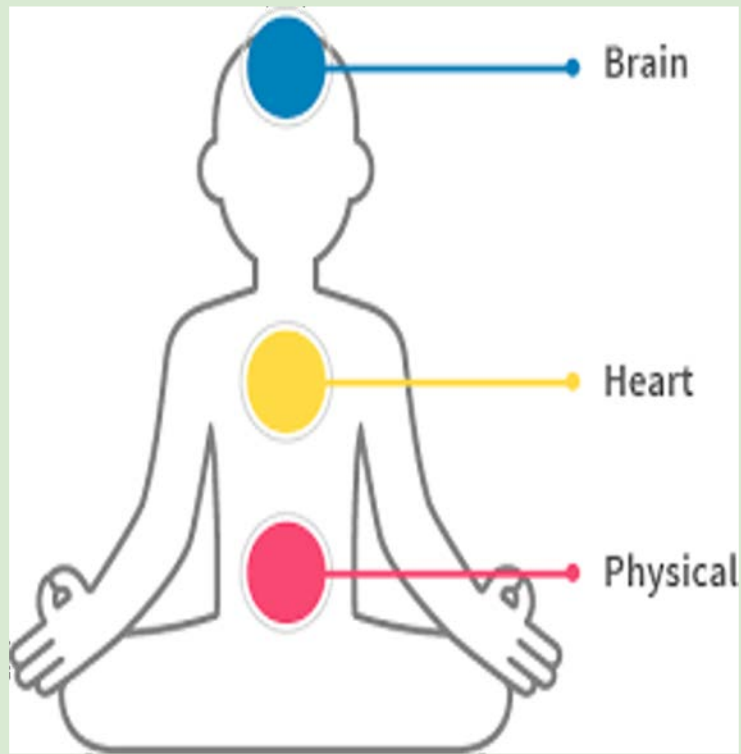
# ***Leading with Heart, Mind and Body: An Introduction to Conscious Leadership***





# 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.***





# Consciousness Defined!

**Conscious is a Latin word whose original meaning was "knowing" or "aware."**





# What is your definition of a conscious leader?





**What are the qualities of  
conscious leader?**



# What does a conscious leader do?



## 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 Create & Believe in Conscious Leadership



# **WHAT WE DO MATTERS**

## ***AND IT TAKES WORK!***

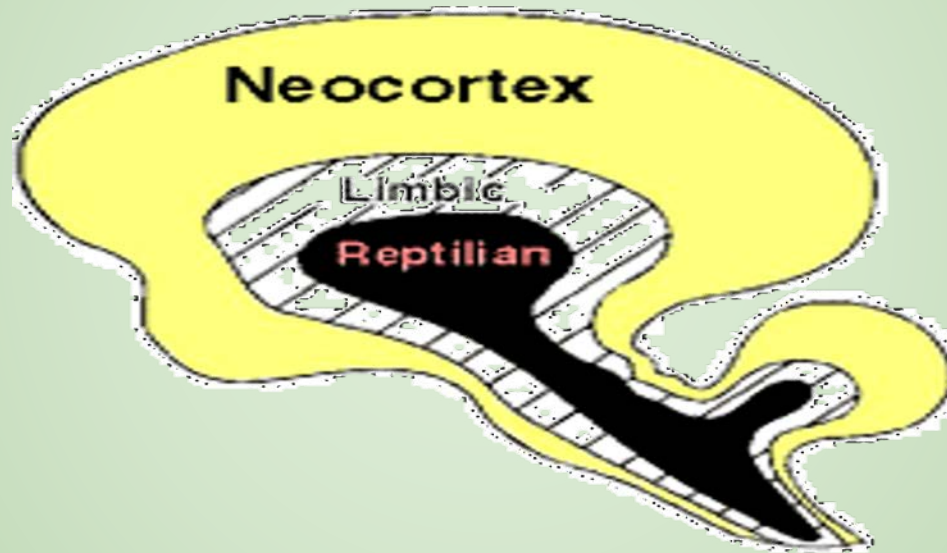


# Conscious Leaders know that it takes work. Why?

**Because of FEAR**



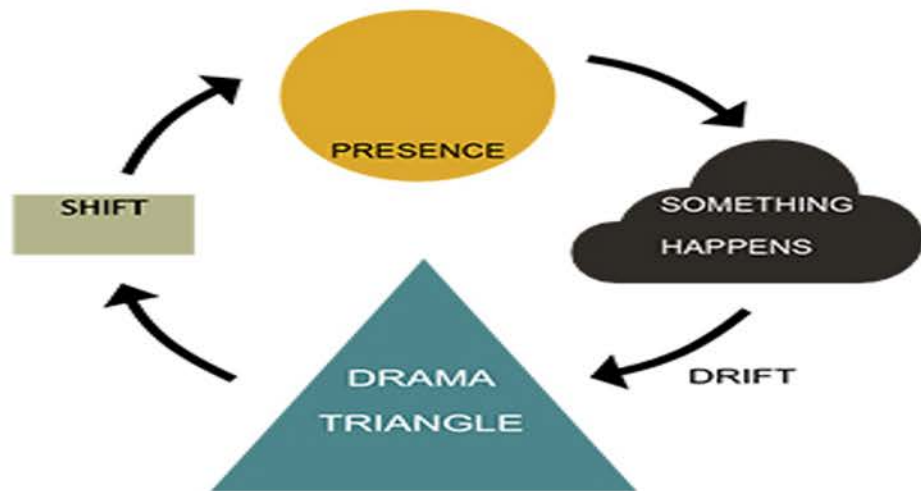
# Fear and your Reptilian Brain



<https://www.youtube.com/watch?v=7qglK7J0UYw>

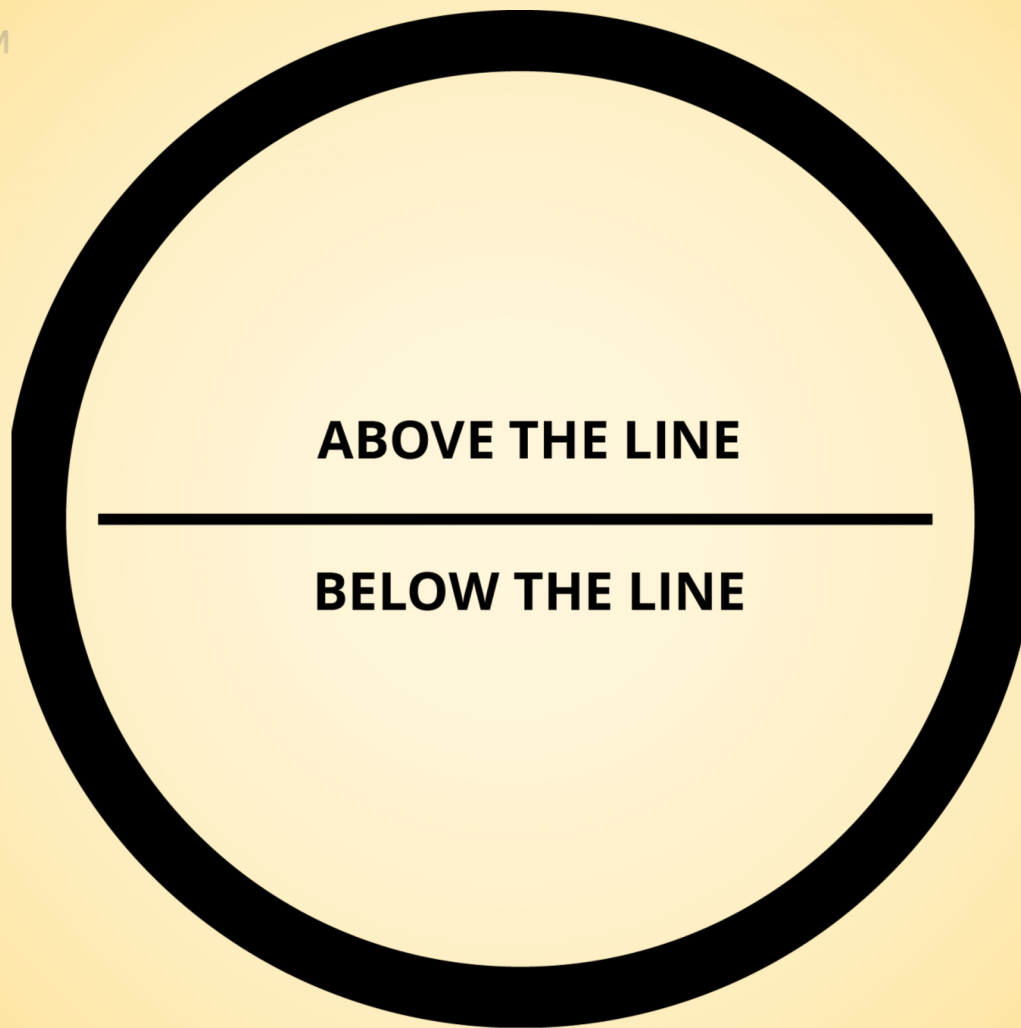


## EVOLUTIONARY CYCLE



## DRAMA TRIANGLE







ABOVE

ACTION

Optimal Thinking

ACCOUNT

Responsive Decisions

Focus on Solution

RESPONSIBILITY

Optimism

OPENNESS

BELOW

BLAME

Sub-Optimal Thinking

EXCUSE

Reactive Decisions

Focus on Problem

DENIAL

Pessimism

DEFENSIVENESS



# *Presencing Exercise to Experience Awareness*





WHAT'S  
YOUR  
ISSUE?



CONTENT =

The issue

CONTEXT =

How you're being  
with the issue



# CONTENT VS CONTEXT

- Details
- The Story
- Who, What, Where, When, Why & How
- 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."*

# Above & Below the Line Statements

**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?





# CONSCIOUS vs. UNCONSCIOUS COMMITMENT

Anything less than a  
conscious commitment to  
the important is an  
unconscious commitment to  
the unimportant.

-Stephen R. Covey



# **EXERCISE FOR PHYSICAL EXPERIENCE OF COMMITMENT**



**COMMITMENT  
IS AN ACT  
NOT A WORD**



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*Thank you!*

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