The ISS Mary Anne Haas -
WOMEN'S SYMPOSIUM

presents

Leading with Heart, Mind, & Body

An Introduction to Conscious Leadership

Facilitated by Romy Toussaint -
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Romy Yoga - The Energy Queen - Based on the work of the Conscious Leadership Group
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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 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
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=7qqlK7J0UYw
ABOVE THE LINE

BELOW THE LINE
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
- 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

www.quotestyfe.com
EXERCISE FOR PHYSICAL EXPERIENCE OF COMMITMENT

COMMITMENT IS AN ACT NOT A WORD
Thank you!

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