Leading with Heart, Mind, & Body

An Introduction to Conscious Leadership

Facilitated by Romy Toussaint - The Energy Queen
romyoga.com
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!
Conscious

Being in the Here & Now

Leadership - Who we are being while doing
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.
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
Intimacy is ‘into me see’. It’s that I’m going to be transparent enough, vulnerable enough, and open enough to really allow you to see that this is who I am and this is how I am, and when you get me, you get all of this!

Van Moody
There are 4 important questions that all conscious leaders ask themselves:

WHERE AM I?

AM WILLING TO SHIFT?

CAN I ACCEPT MYSELF?

HOW WILL I SHIFT?
Romy Yoga - The Energy Queen - Based on the work of the Conscious Leadership Group
romyoga.com  732-991-6607
WHAT'S YOUR ISSUE?
QUESTION #1:
WHERE AM I?

Above

Below
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
QUESTION #2: CAN I ACCEPT MYSELF FOR BEING JUST WHERE I AM?

"The curious paradox is that when I accept myself just as I am, then I can change." - Carl Rogers
QUESTION #3: AM WILLING TO SHIFT?
QUESTION #4:
HOW WILL I SHIFT?
HOW TO SHIFT
10 Second Shift Move
WHAT IS A COMMITMENT?
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?
TOOLS TO GET OUT OF THE DRAMA TRIANGLE
What is my 100% responsibility here?

COMMITMENT 1

TAKING RADICAL RESPONSIBILITY
COMMITMENT 2

LEARNING THROUGH CURIOSITY

"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.

Romy Yoga - The Energy Queen- Based on the work of the Conscious Leadership Group
romyoga.com  732-991-6607
Thank you!

Stay updated and connected at ISS.edu/WomenLead

@ISSCommunity • #ISSedu • #Wlead • Facebook.com/groups/ISSWomenLead