

LEADERS

PROGRAM

Leadership from the Inside Out:
Resilience & Being Mastery

*“I arise in the morning torn
between a desire to save the world
and a desire to savor the world.
This makes it very hard to
plan the day!”*

- E.B. White

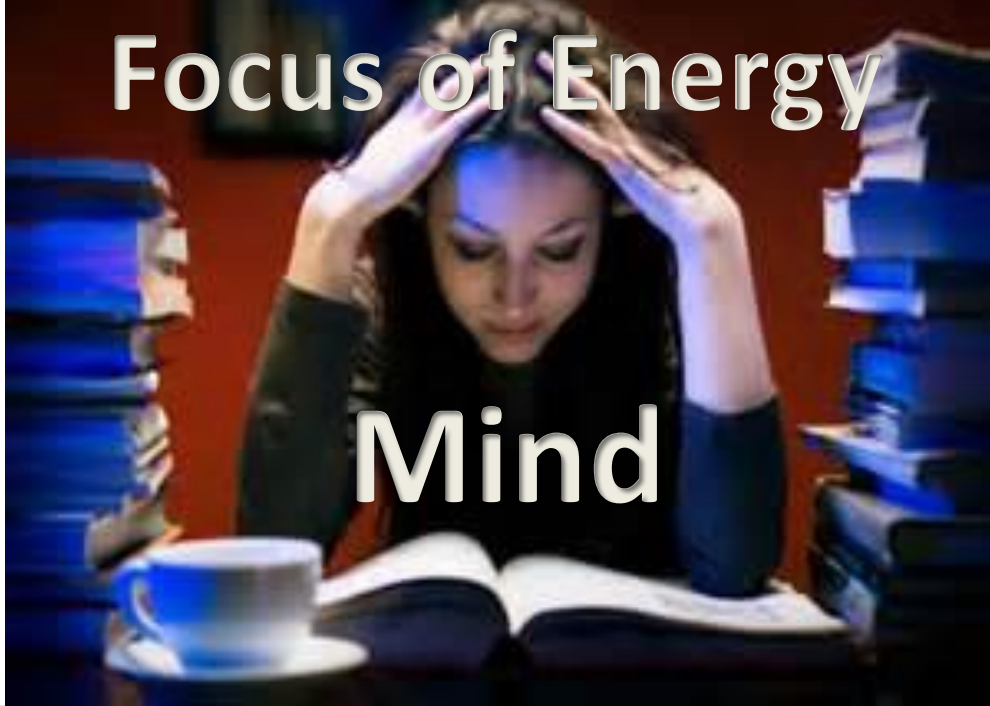
Body



Physical Energy



Focus of Energy



Mind

Quality of Energy



Emotions

**Energy of Meaning
& Purpose**



Spirit

The Body – Physical Energy



The Emotions – Quality of Energy

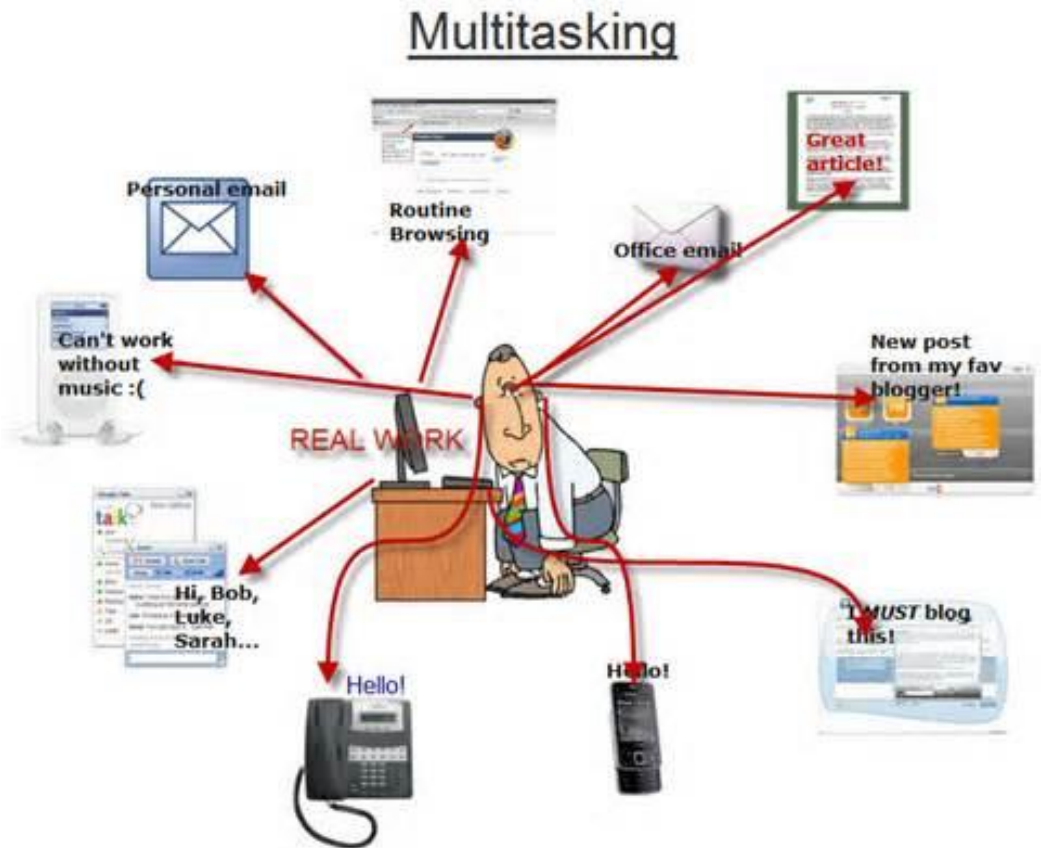


“Without intermittent recovery, we’re not physiologically capable of sustaining highly positive emotions for long periods of time.”

The Mind – Focus of Energy

A temporary shift in attention from one task to another...increases the amount of time necessary to finish the primary task by as much as...

50 percent!



The Spirit – Energy of Meaning & Purpose

1. Doing what you do best and enjoy the most.
(Core Talents)
2. Allocating time and energy to the areas of life –
work, family, health, service to others, etc., you
deem most important.
(Life Domains)
3. Living your Core Values in your daily behaviors.
(Core Values)

Body



Physical Energy

Focus of Energy



Mind

Quality of Energy



Emotions

Energy of Meaning & Purpose



Spirit

*“What is without periods of rest
will not endure.”*

- Ovid

*“Stress is the stimulus for growth;
recovery is when growth occurs.*

*If you have no recovery,
you have no growth.”*

- James Loehr and Jack Groppel

- Improve the quality of our activity and reduce the quantity somewhat.
- Improve the quality and quantity of our rest.

Absolute No List

I no longer...

- Rush.
- Live without pets.
- Clean my house – I pay someone else to do it.
- Keep anything in my home that I don't love or need.
- Go to events that require hours of idle chitchat.
- Go to work when I'm sick.
- Finish reading books that lose my interest.
- Check my e-mail after 6:00pm or on weekends.
- Feel an obligation to spend time with family members or friends who choose to live in chaos.
- Tolerate, or participate in, gossip.
- Check social media throughout the day – once a day is it.
- Hire anyone – doctor, lawyer, accountant, etc. – who treats me with disrespect.
- Invest time in relationships that aren't aligned with who I am and who I want to be.
- Take junk mail into my house.
- Let my mind be on work when I'm not working.
- Throw away anything that can be recycled.
- Eat lunch at my desk.
- Work for more than two hours without a break.



“No amount of human having or human doing can make up for a deficit in human being.”

- John Adams

“If your presence doesn't work,
neither will your word.”

Yogi BhaJan



“
YOUR PRESENCE
is your power.
”

#MiraclesNow
@GABBYBERNSTEIN

Feeling + Thinking = Acting

Being = The Space Between
Feeling/Thinking and Acting

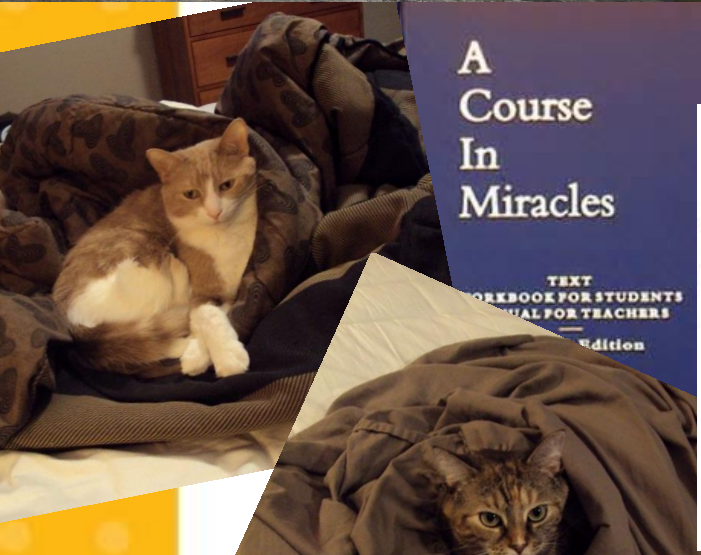
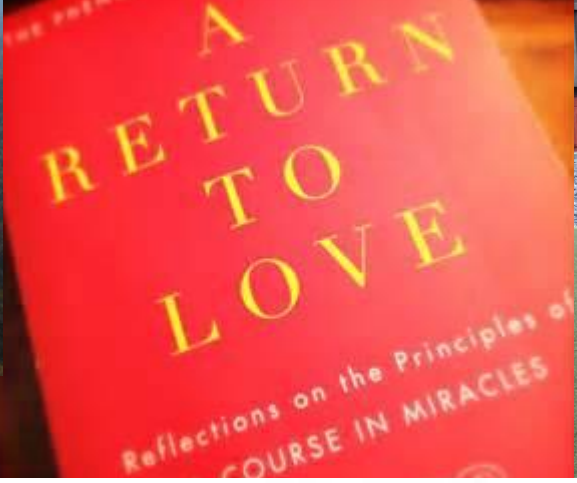
“Being is the silent, unshakable foundation of our life. When we are connected to our being, we feel secure, confident, loving, open and awake.”

- Deepak Chopra

“When I am, as it were, completely myself, entirely alone, and of good cheer – say traveling in a carriage or walking after a good meal...it is on such occasions that ideas flow best and most abundantly.”

- Wolfgang Amadeus Mozart





Leadership Benefits of Being

“If we want to do more, we first need to be more.”

- Our inner calm attracts others to us.
- We are better equipped to deal with rapid change around us because we are more calm and centered within.
- We can solve tough, challenging problems more easily.
- We have the ability to refresh ourselves to allow us to achieve more with less effort.
- More life balance is achieved.
- Qualities of character flow through us more often and more naturally.

Resilience Mastery

(or lack thereof!)

Signs of Resilience Mastery

- Smooth, abundant energy
- Ability to focus deeply
- Internally driven motivation
- Optimism
- Fulfilling, intimate relationships
- Creativity & innovation
- Vitality and enthusiasm
- Little or no usage of caffeine, nicotine or alcohol
- Achievement with ease
- Optimal productivity
- Feeling “on top of” situations

Signs of Lack of Resilience

- Nervous, manic energy
- Wandering, unfocused mind
- Externally driven motivation
- Negativity
- Strain in relationships
- Dullness, lack of inspiration
- Depression & fatigue
- Regular usage of caffeine, nicotine or alcohol
- Achievement via strain and effort
- Less than optimal productivity
- Feeling “overshadowed by situations”



Putting it All Together

- Energy Crisis Assessment
- Absolute No List
- Ways You Connect Your Inner Self
- Warning Signs/Red Flags

