



- *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**

romyoga.com



**BE AN
ENERGY
QUEEN!**



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



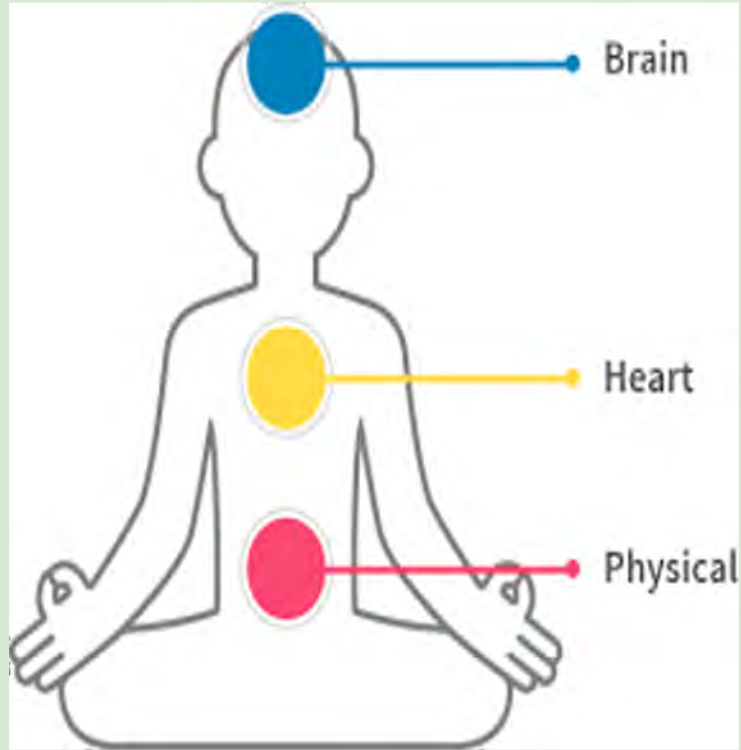


Leading with Heart, Mind and Body: An Introduction to Conscious Leadership



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.





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

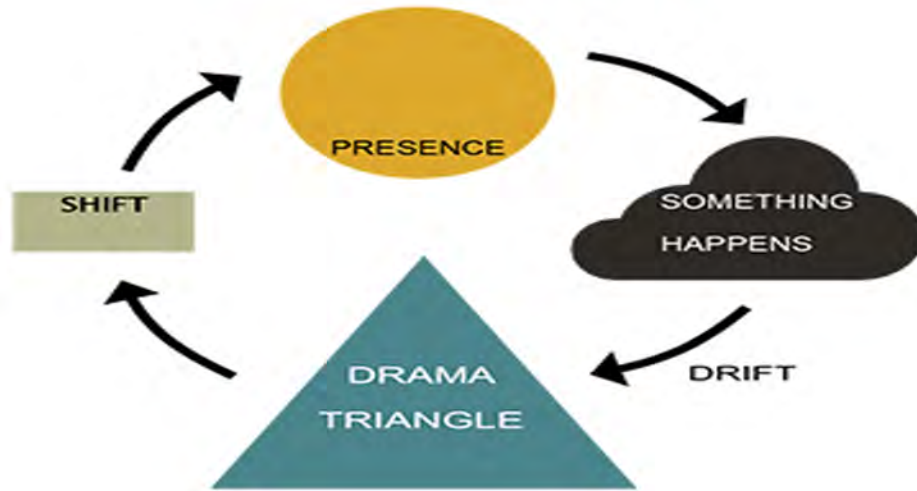


**Conscious Leaders know
that it takes work. Why?**

Because of FEAR

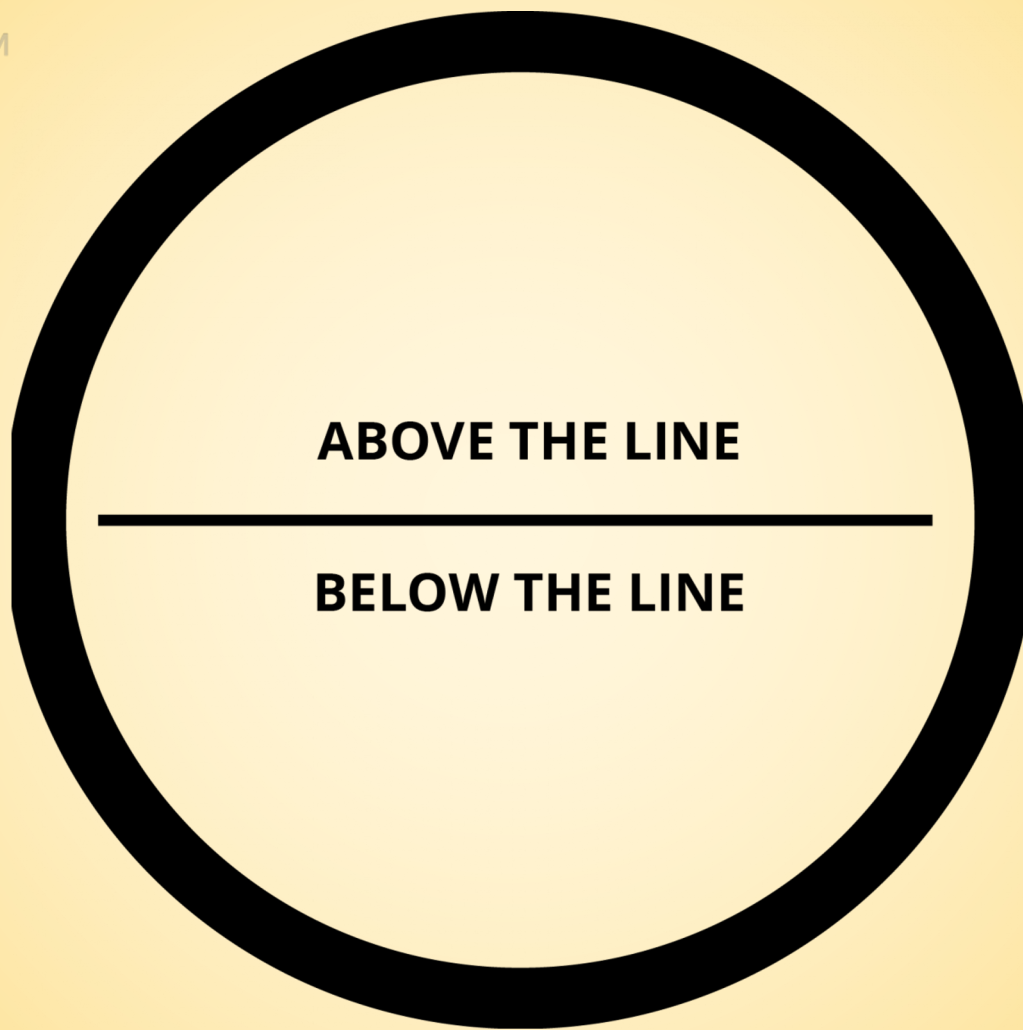


EVOLUTIONARY CYCLE

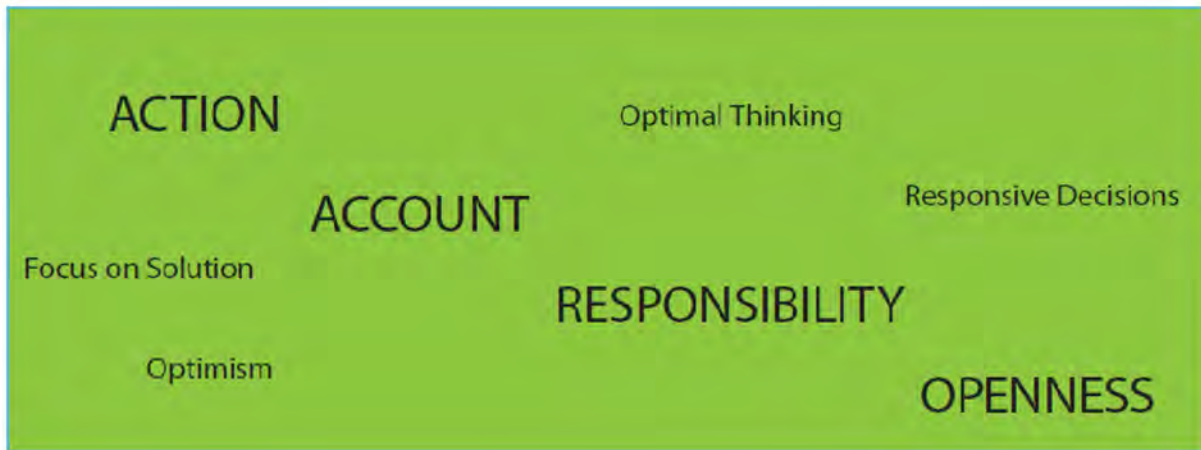


DRAMA TRIANGLE

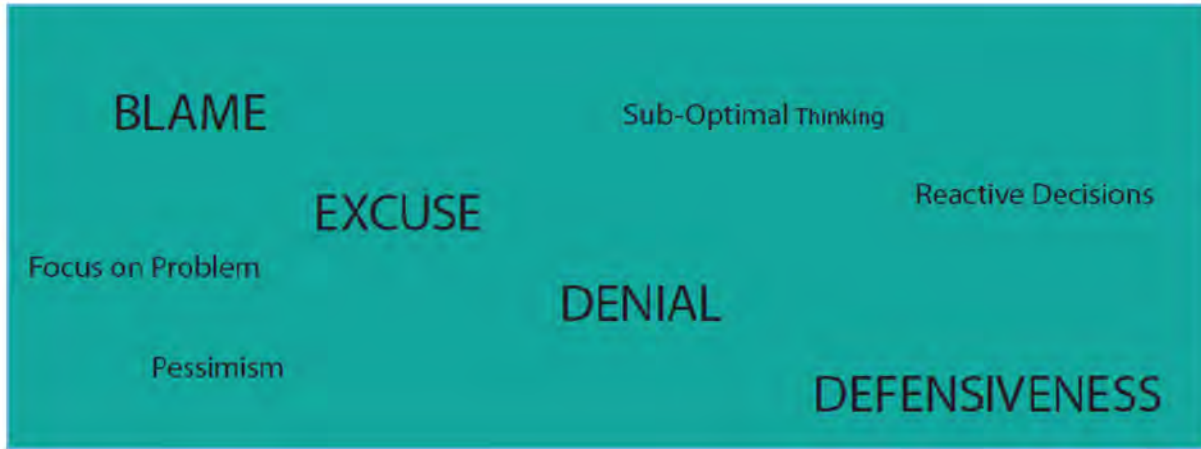


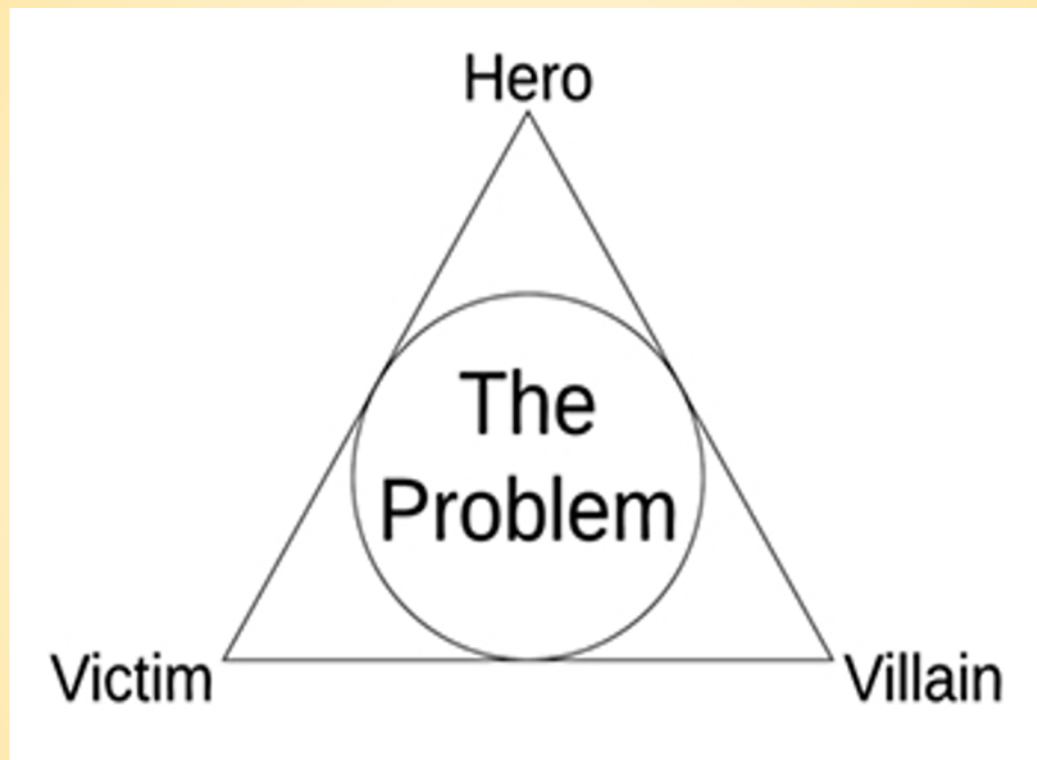


ABOVE



BELOW







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?





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 be saved or rescued in some way?*

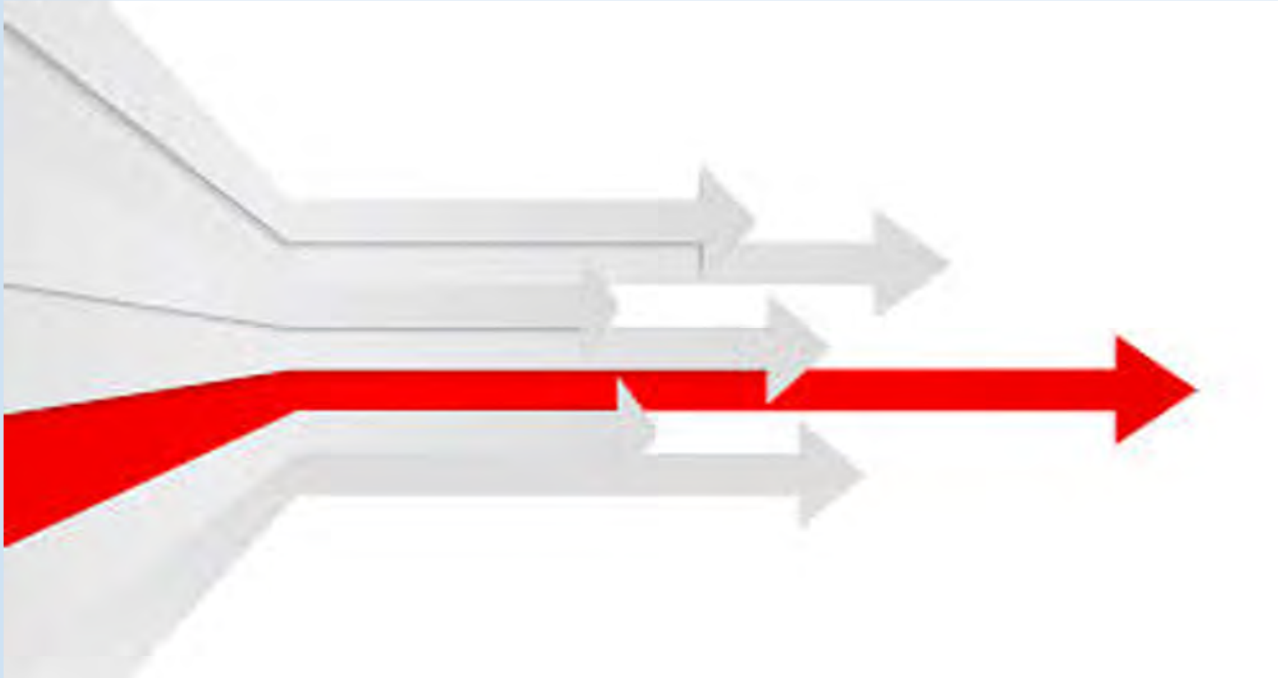


TOOLS TO GET OUT OF THE DRAMA TRIANGLE





HOW TO SHIFT





What is my
100%
responsibility
here?

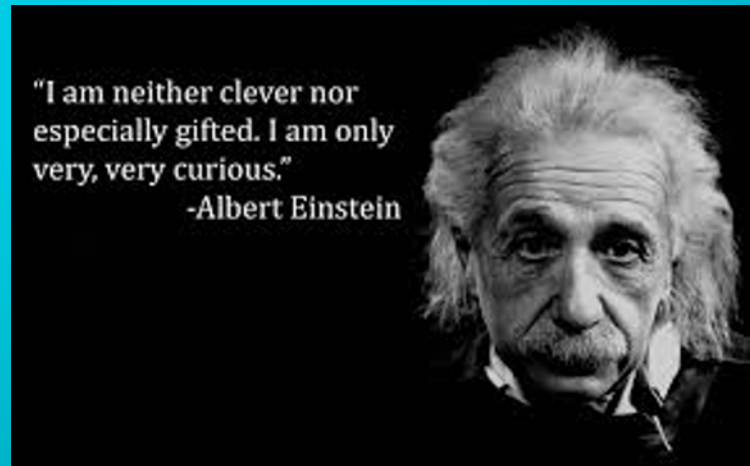
COMMITMENT 1

**TAKING RADICAL
RESPONSIBILITY**



COMMITMENT 2

LEARNING THROUGH CURIOSITY





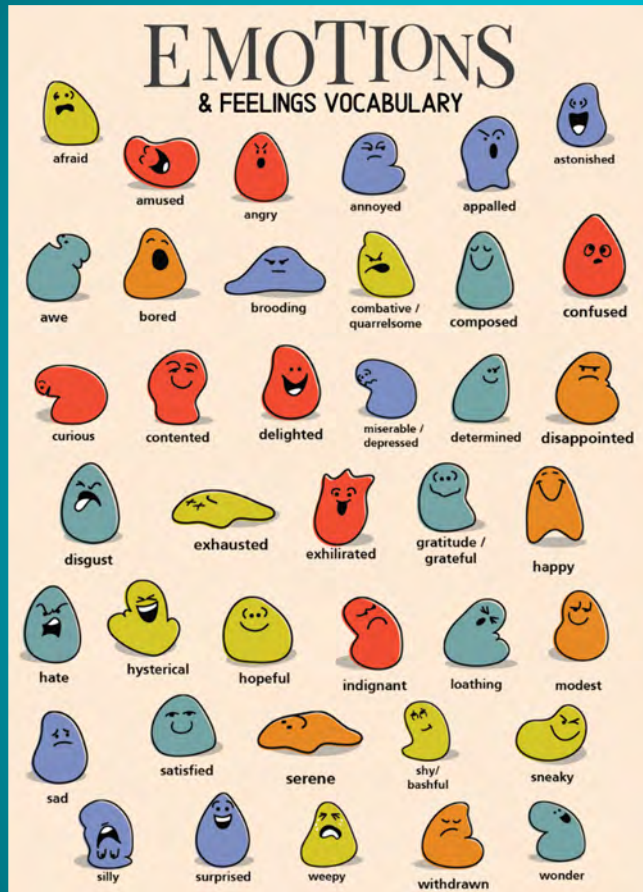
Commitment #2 : Self Awareness

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.*



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



Horrorified



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**





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

Thank you!

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