



- *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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ENERGY
QUEEN!**



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



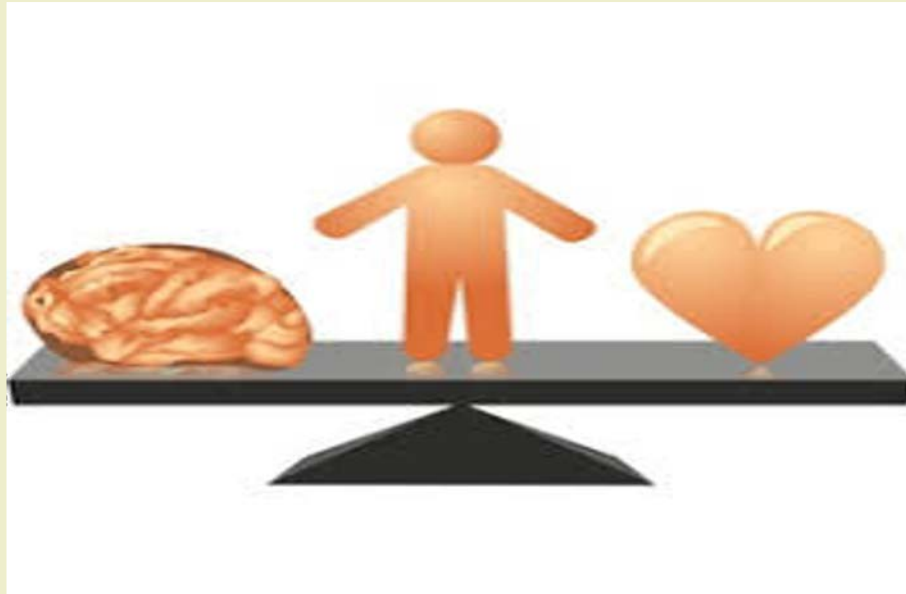
Romy Yoga - The Energy Queen- Based on the work of the Conscious Leadership Group
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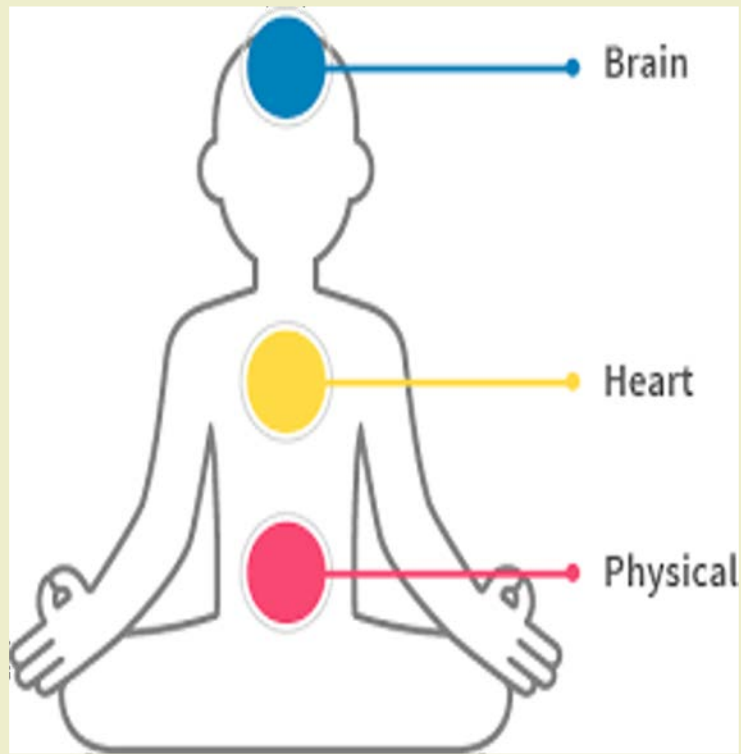


Leading with Heart, Mind and Body: An Introduction to Conscious Leadership



How do we lead with heart, mind and body?





We get out of
our heads and
practice
dropping into
our heart, mind
and body!



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.*



Conscious Leaders Create

We create...

- More energy
- Deeper connection
- Increased creativity
- Confidence
- Awareness
- Full engagement
- Love (Yes, we said love)
- Sustainable transformation



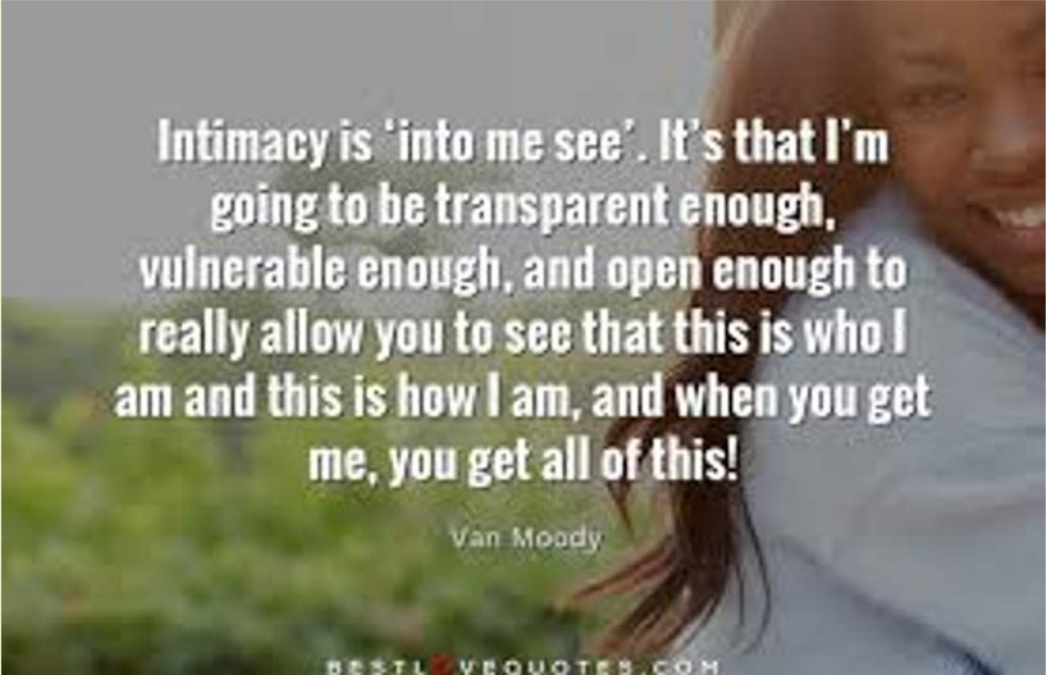
Conscious Leaders Believe

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

INTO ME | SEE

Intimacy

A woman with long dark hair, wearing a light blue shirt, is smiling and looking towards the camera. She is standing in a field of green grass. The background is slightly blurred.

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:**

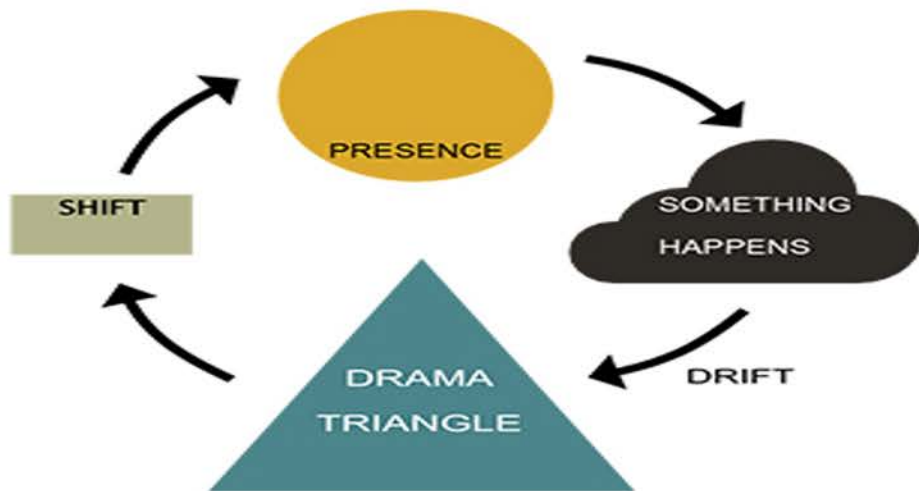


***WHERE AM I?
AM WILLING TO SHIFT?***

***CAN I ACCEPT MYSELF?
HOW WILL I SHIFT?***

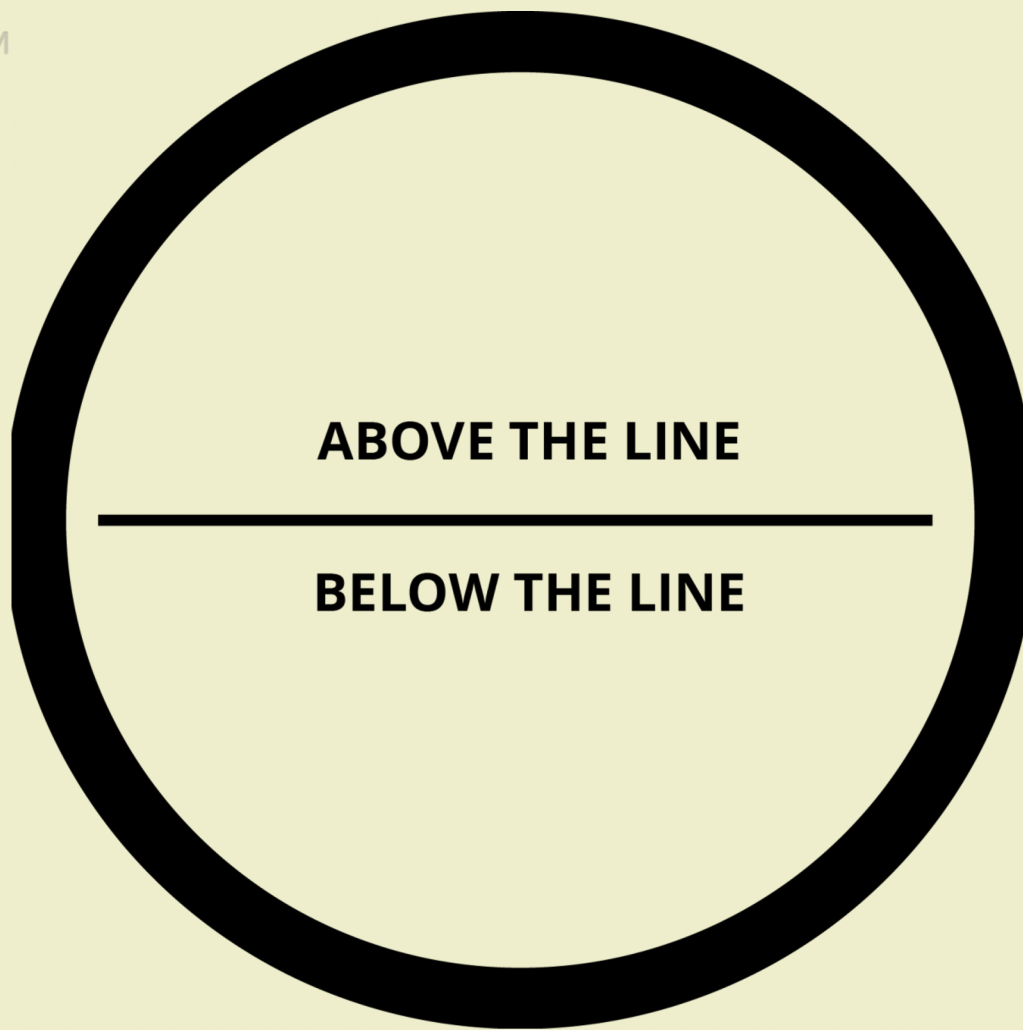


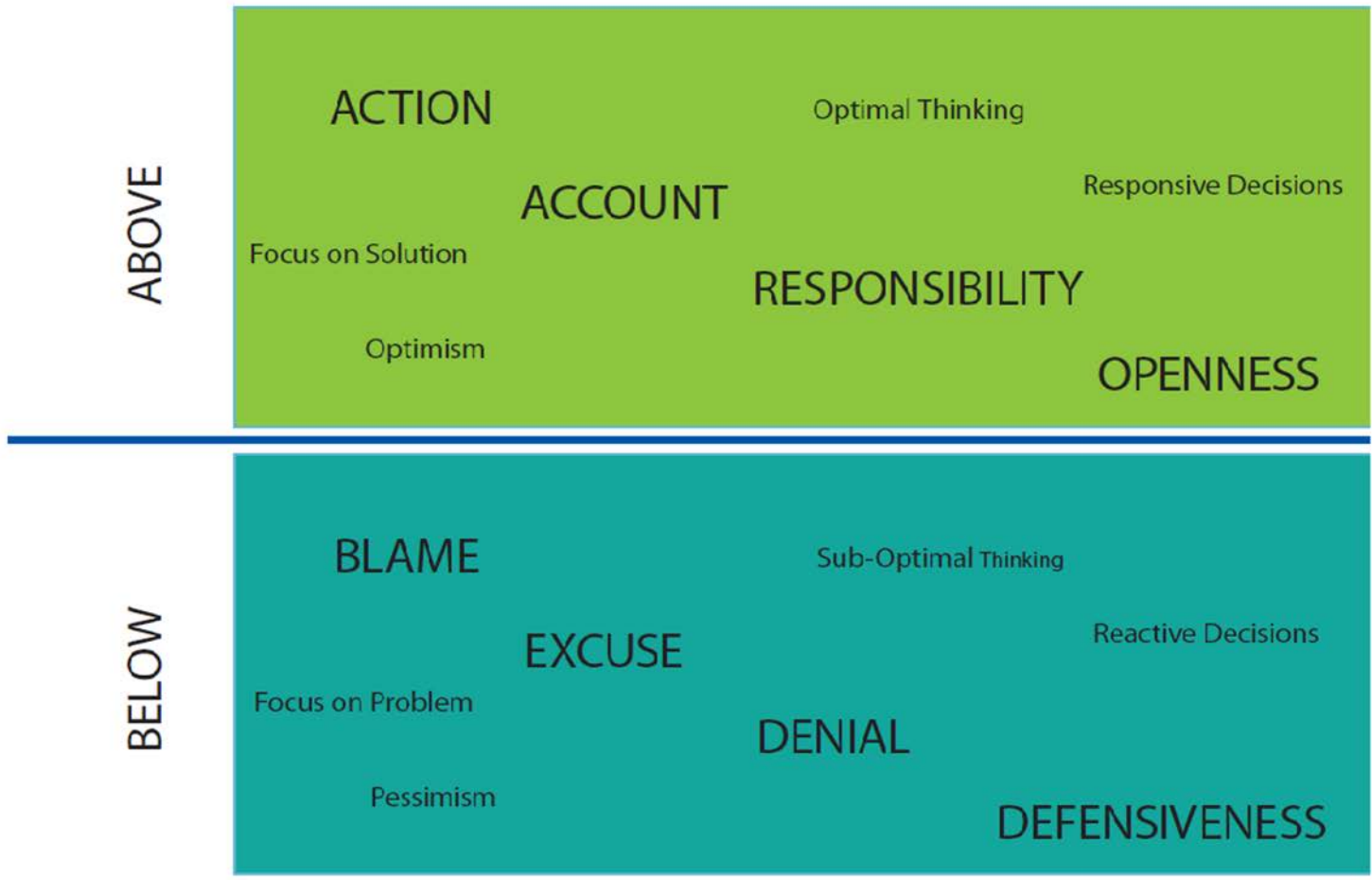
EVOLUTIONARY CYCLE



DRAMA TRIANGLE









WHAT'S
YOUR
ISSUE?

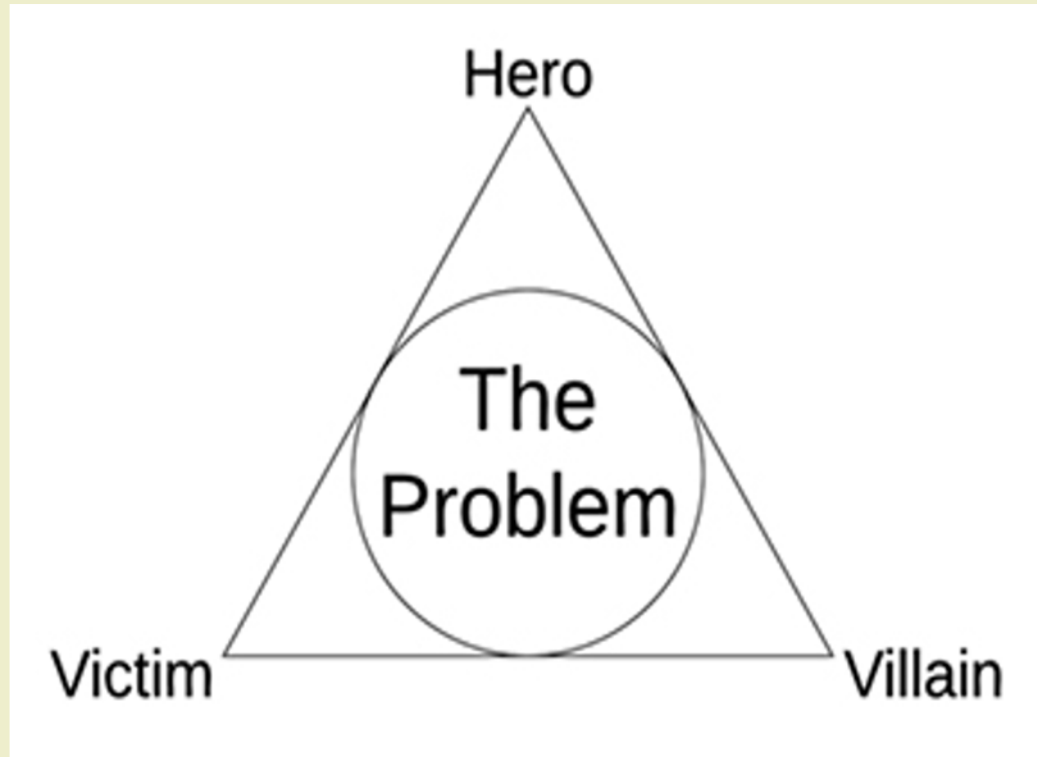


QUESTION #1:

WHERE AM I?

Above

Below





CONTENT =

The issue

CONTEXT =

How you're being
with the issue

CONTENT VS CONTEXT

- Details
- The Story
- 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



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

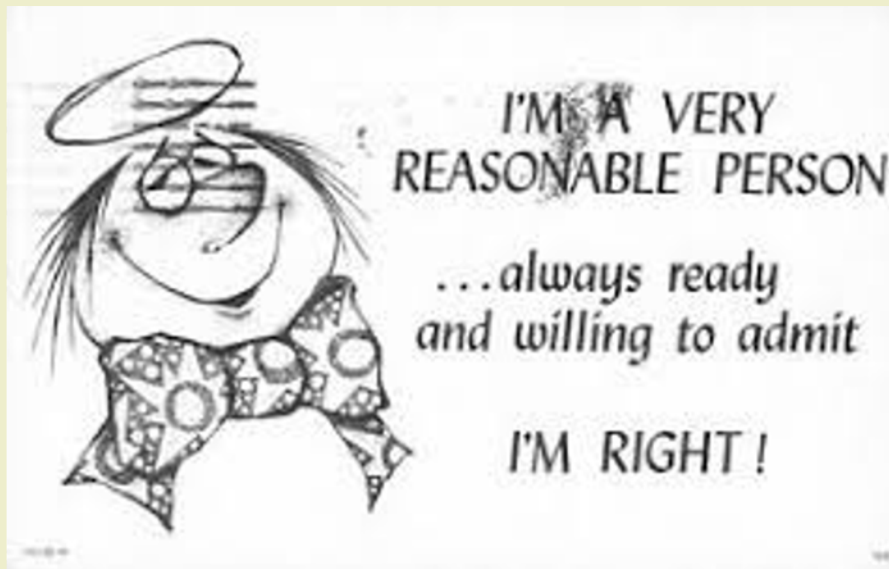
"The curious paradox is that when I accept myself just as I am, then I can change." - Carl Rogers





QUESTION #3:

AM WILLING TO SHIFT ?

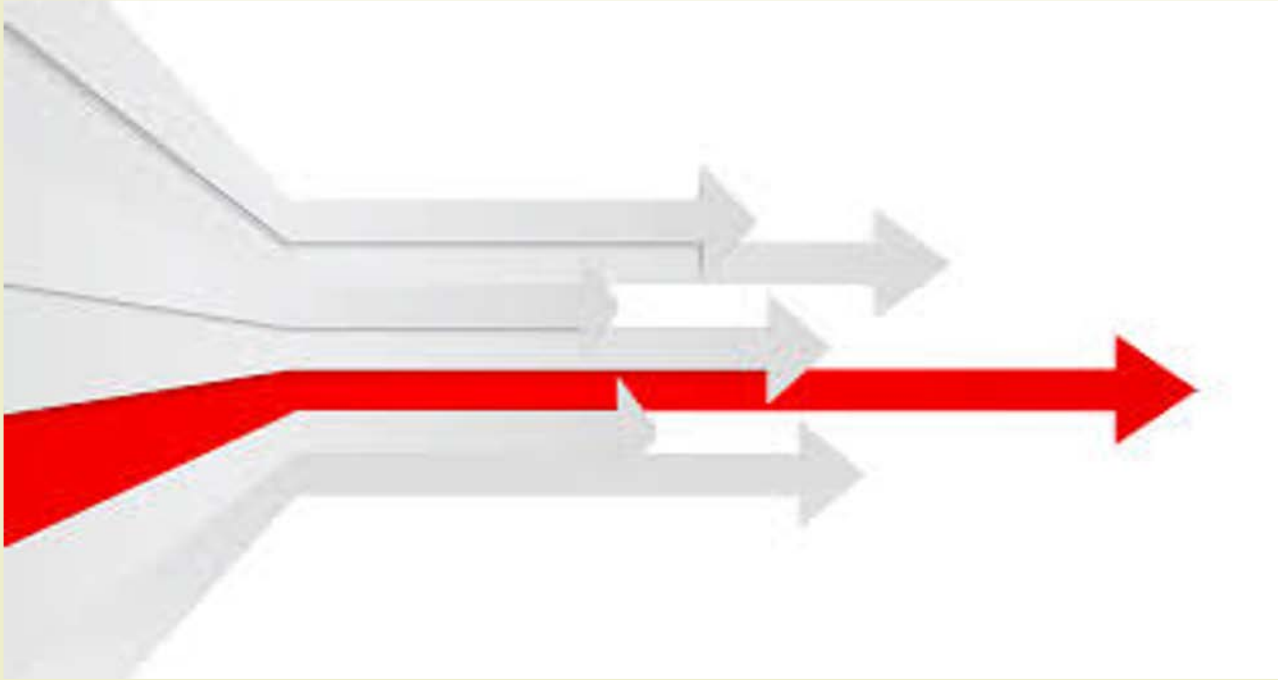


QUESTION #4: HOW WILL I SHIFT?





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 be saved or rescued in some way?*



TOOLS TO GET OUT OF THE DRAMA TRIANGLE



©2018
Thinking higher. Feeling deeper.



What is my
100%
responsibility
here?

COMMITMENT 1

**TAKING RADICAL
RESPONSIBILITY**

Why is it that
when one man
builds a wall,
the next man
immediately
needs to know

WHAT'S
ON THE
OTHER
SIDE

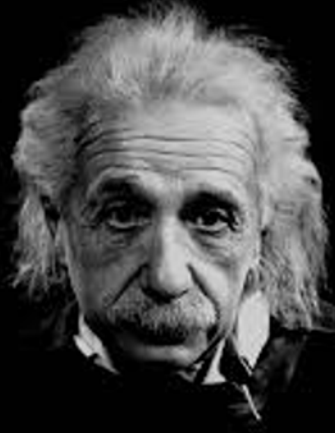
George R.R. Martin

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.*



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