



- *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

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SCHOOLS SERVICES
Making a world of difference

**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
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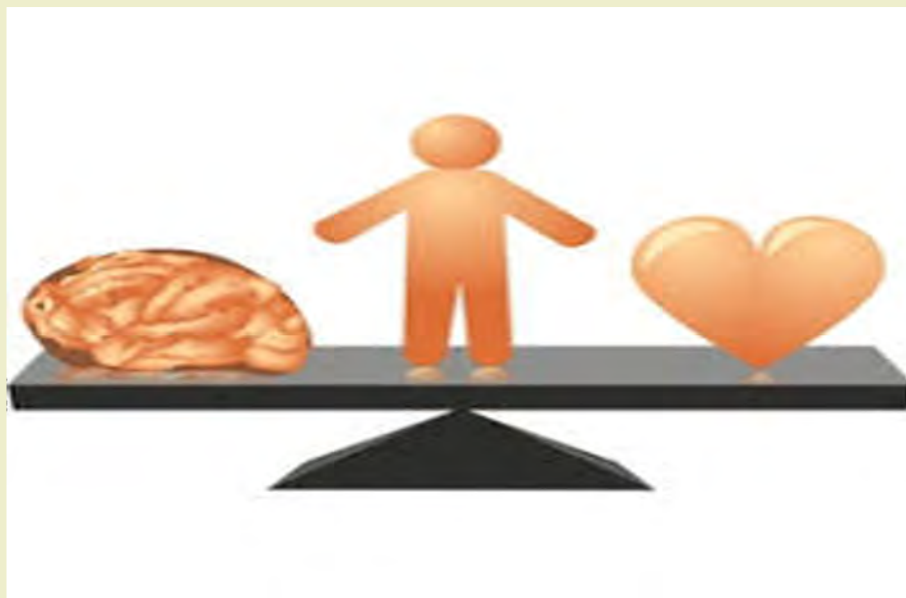


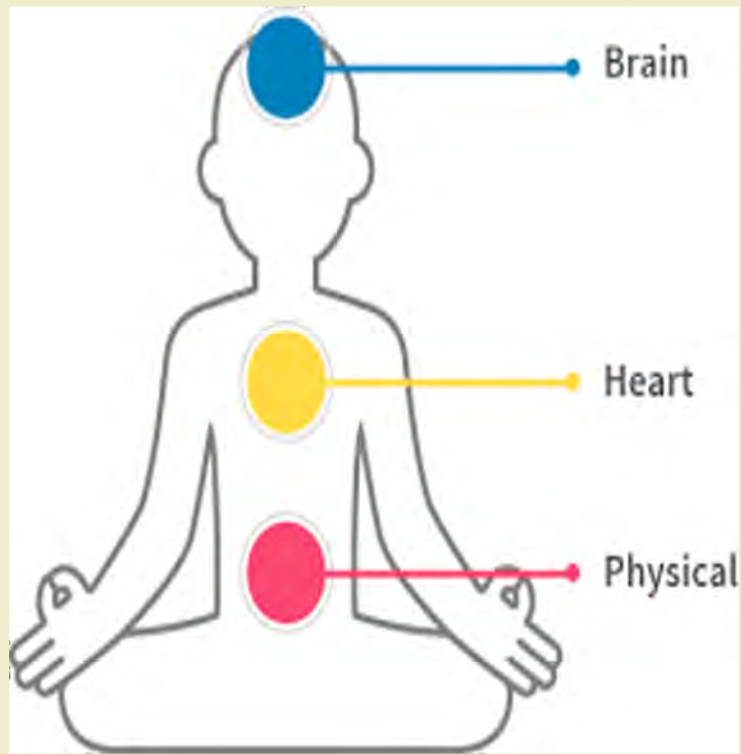
Leading with Heart, Mind and Body: An Introduction to Conscious Leadership





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



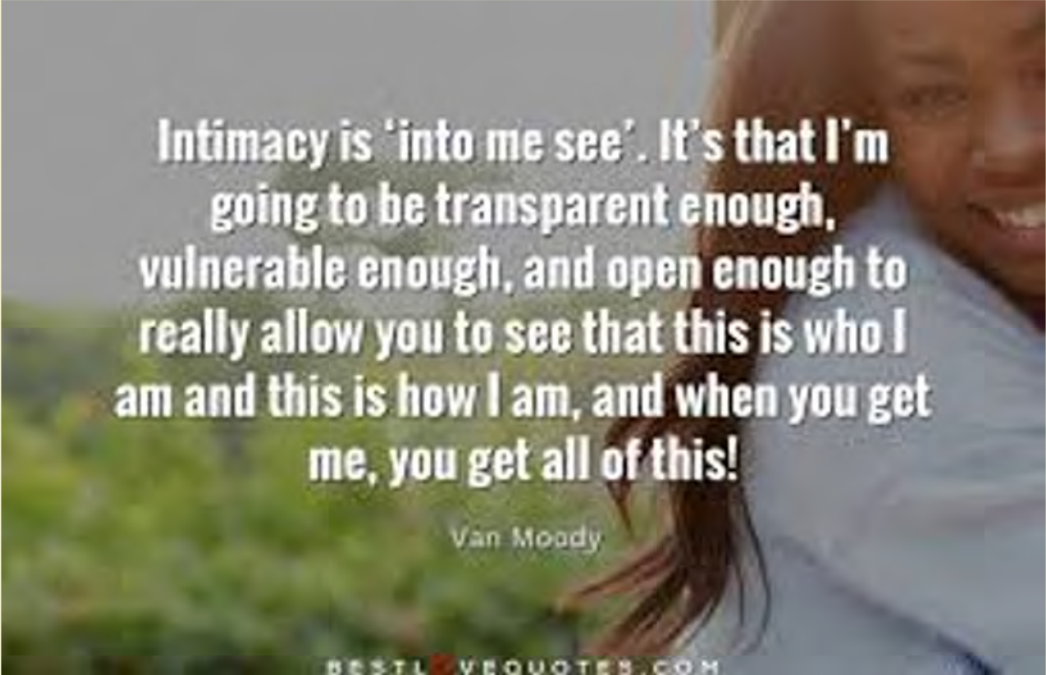
Conscious Leaders Believe

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



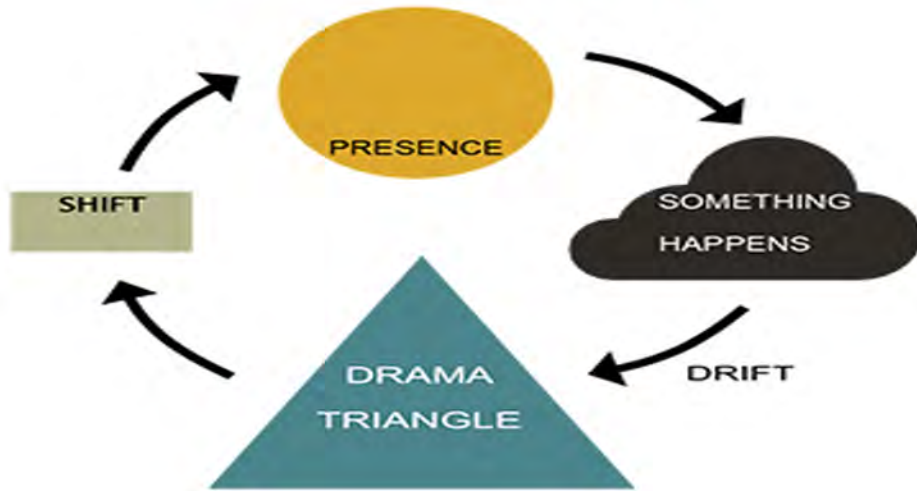
**There are 4 important questions
that all conscious leaders ask
themselves:**



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

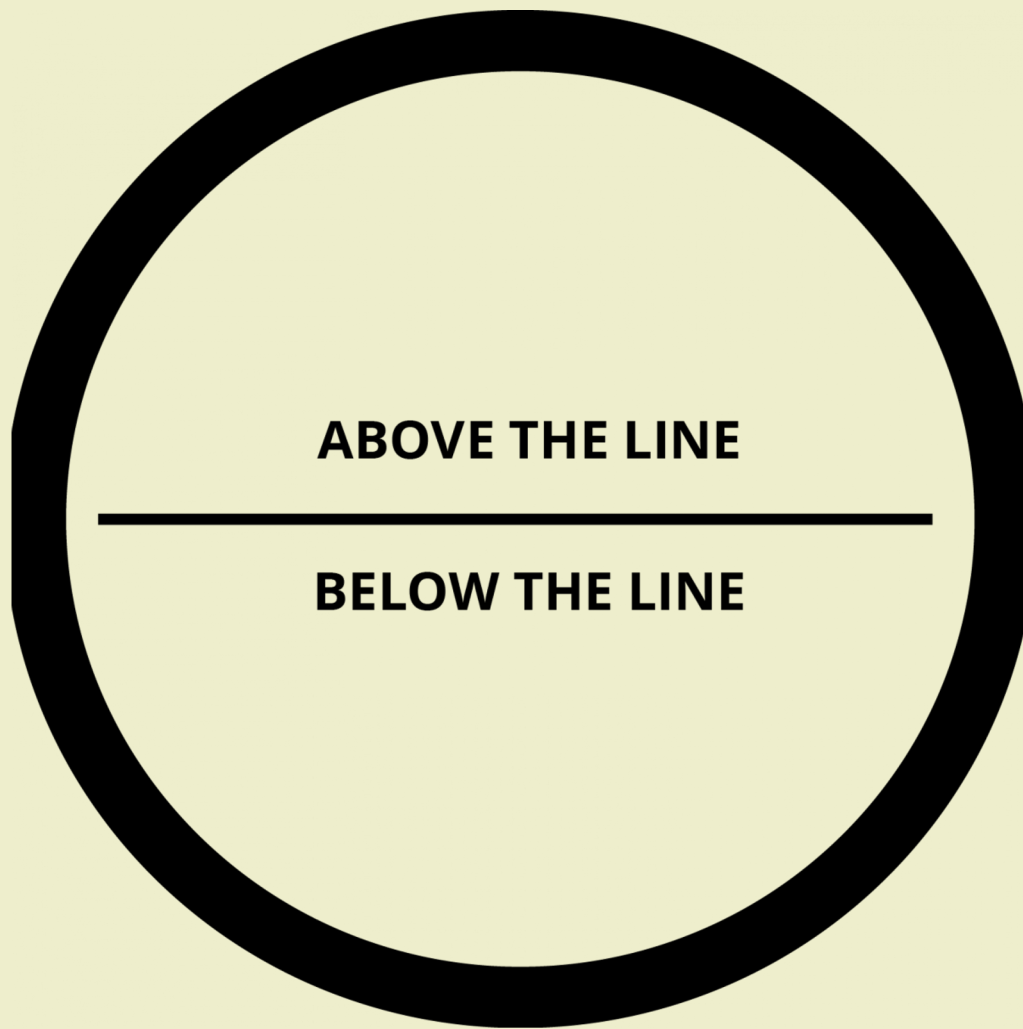
***CAN I ACCEPT MYSELF?
HOW WILL I SHIFT?***

EVOLUTIONARY CYCLE

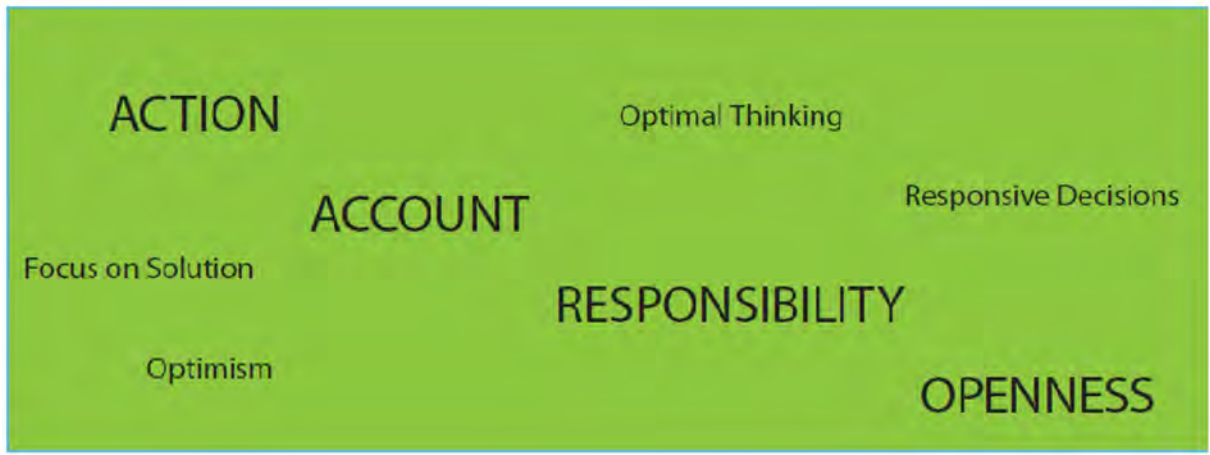


DRAMA TRIANGLE

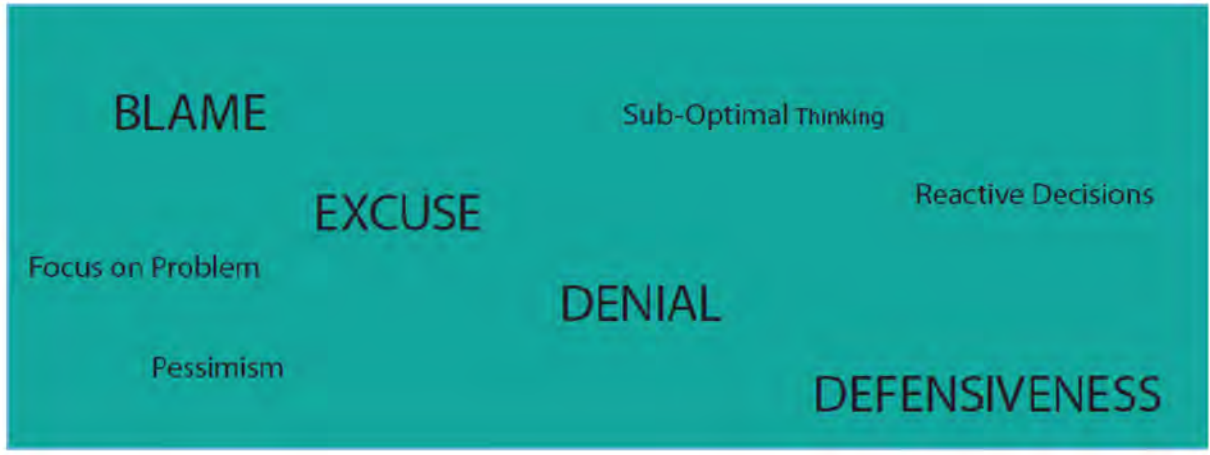




ABOVE



BELOW





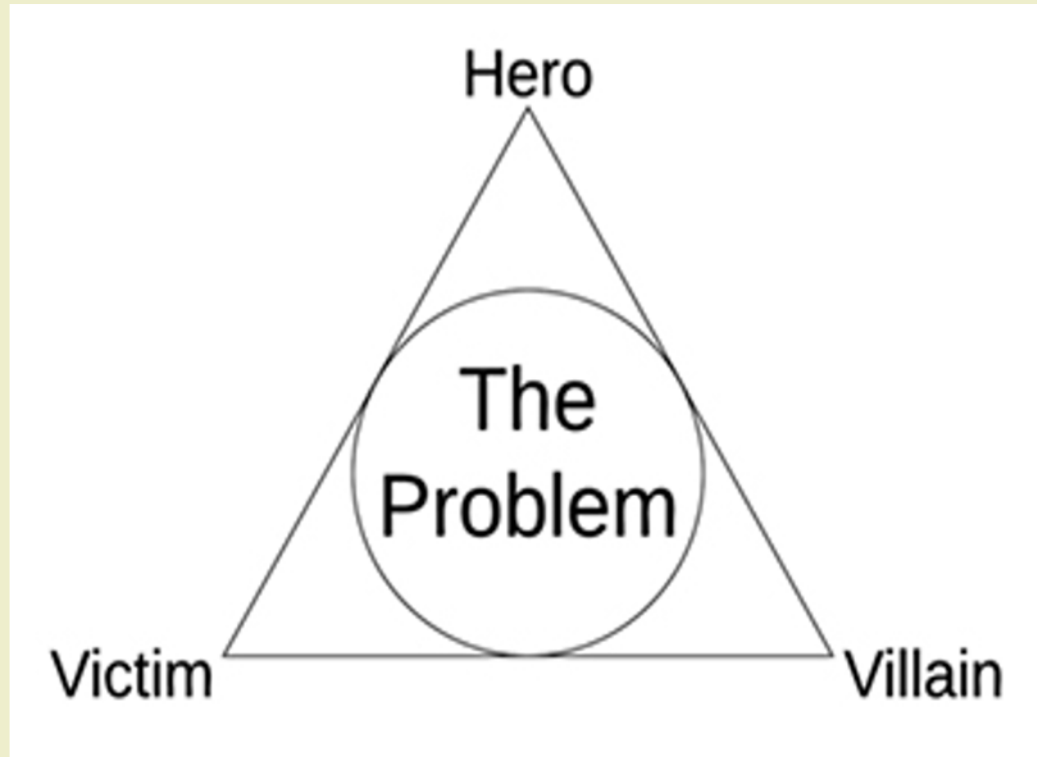
WHAT'S
YOUR
ISSUE?

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



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

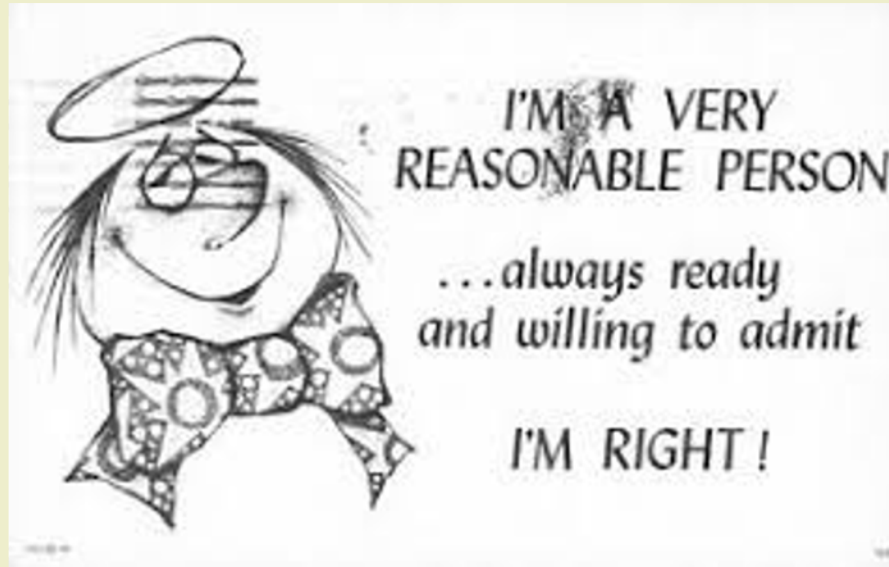


FEAR:

upper half of the body, excluding the arms; also some activation in the feet

QUESTION #3:

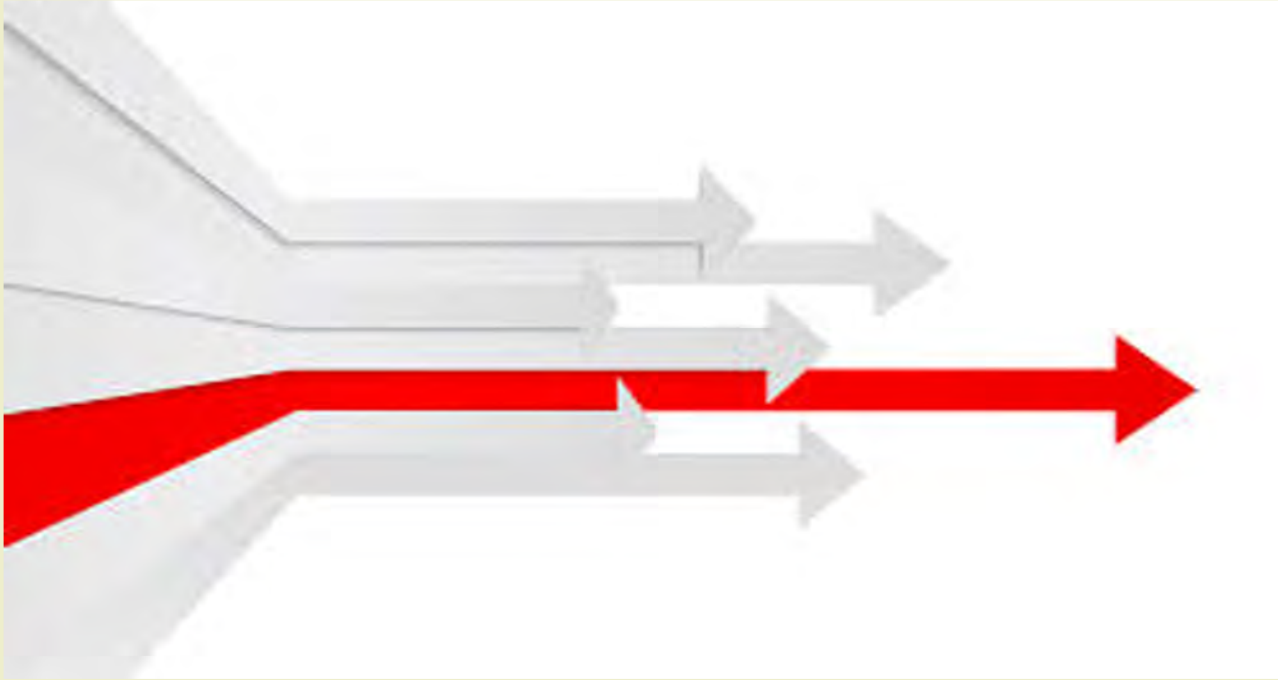
AM WILLING TO SHIFT ?



QUESTION #4: HOW WILL I SHIFT?



HOW TO SHIFT





10 Second Shift Move

WHAT IS A COMMITMENT?





COMMITMENT 1

**TAKING RADICAL
RESPONSIBILITY**



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.

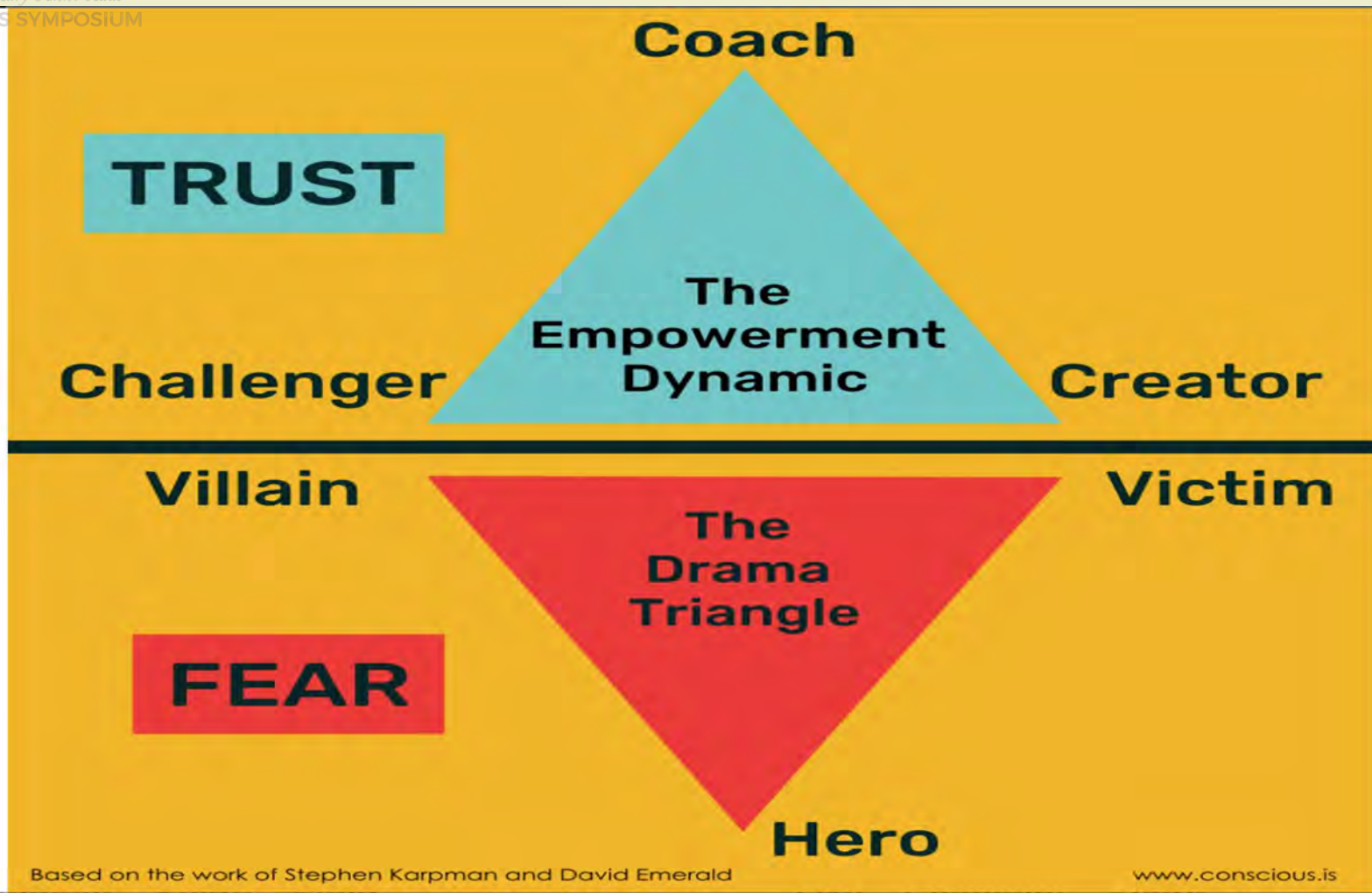
Are you willing to Shift?

- *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







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

WHAT'S
ON THE
OTHER
SIDE

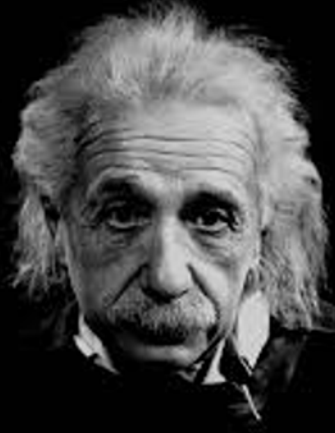
George R.R. Martin

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.*

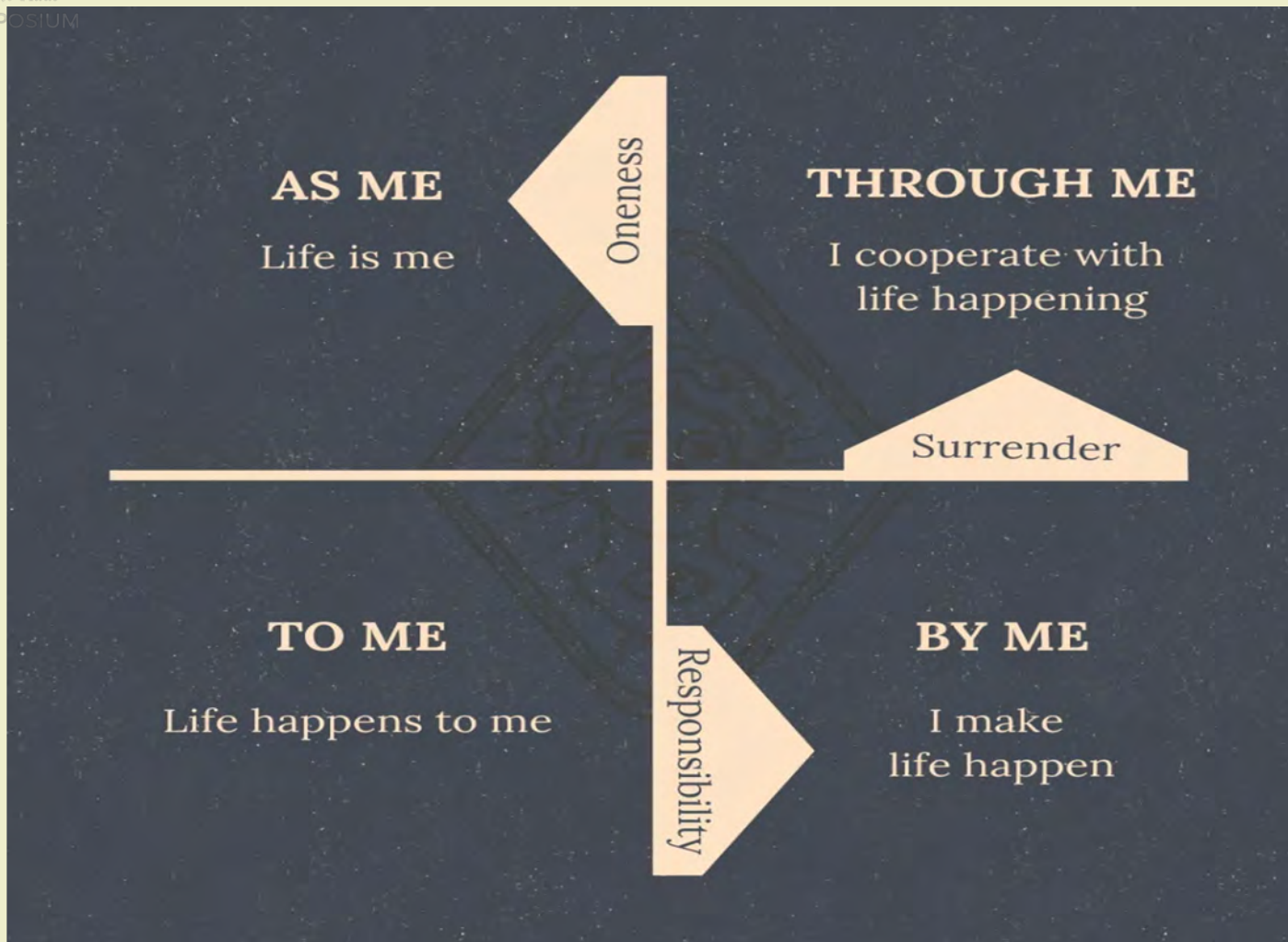
Commitment #3 : Feeling All Feelings

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?*



TO ME

Life happens to me

Posture: Victim

Experience: Blaming and complaining

Beliefs: There is a problem. Someone is at fault.
Someone needs to fix this.

Key Questions: Why me? Whose fault is this?

Benefits: Experiences separateness

Defines identity

Experiences polarities

Knows suffering

Transformation: Responsibility -Face - Accept- Embrace- Forgive

Adopt the belief that the universe is friendly

It's an inside job - No one out there can make me happy



BY ME

I make life happen

Posture: Creator

Experience: Appreciation

Beliefs: Problems are here for me to learn from.
I created the problem so I can solve it.

Key Questions: What can I learn from this?
What do I want to create?

Benefits: Defines wants and desires
Opportunity for Personal transformation

Transformation: Surrender, Willingness, Letting go, Giving up control.





THROUGH ME

I cooperate with life as it is happening

Posture: Co-Creator

Experience: Allowing, flow, state of wonder and awe

Beliefs: I am the source of all meaning

I experience life as perfect, whole and complete

Life handles all apparent 'problems'

Key Questions: What wants to happen through me?

Benefits: Unlimited possibilities. There is plenty of everything

Non-attachment

Transformation: Feeling Oneness, Inquiry, Genius, Meditation, Making it welcome, Letting instead of getting



AS ME

I am life and life is me

Posture: At one with all

Experience: Spaciousness, peace

Beliefs: There are no problems and no one to 'solve' them
There is just oneness

Key Questions: No more questions- there is only knowingness and now

Benefits: Experiences unlimited peace and freedom, oneness and non-dualism

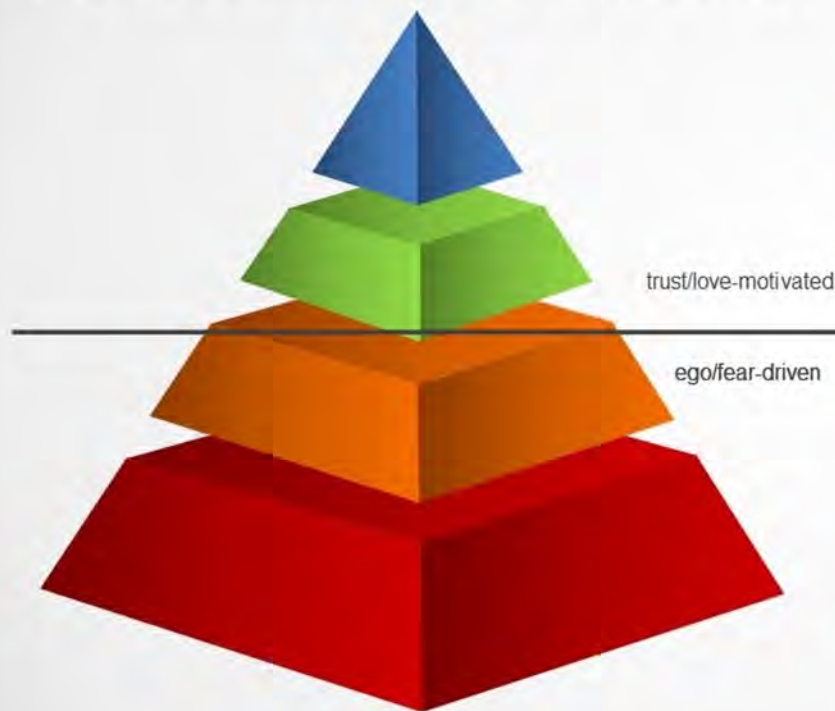
Transformation: **Humility**, Non-Dualism, Freedom, Oneness

Creativity flowing, Child-like mind

Beings who deliver their unique qualities of energy



Four States of Consciousness



4. Life happens as me

There is no separation between you and Spirit and you and others. You operate from compassion and are an extension of everything.

3. Life happens through me

You are here for a reason and have purpose, in touch with your Higher Power, trust you will get needs met.

2. Life happens by me

You think you have control over everything, things happen because you make them happen. You are highly driven.

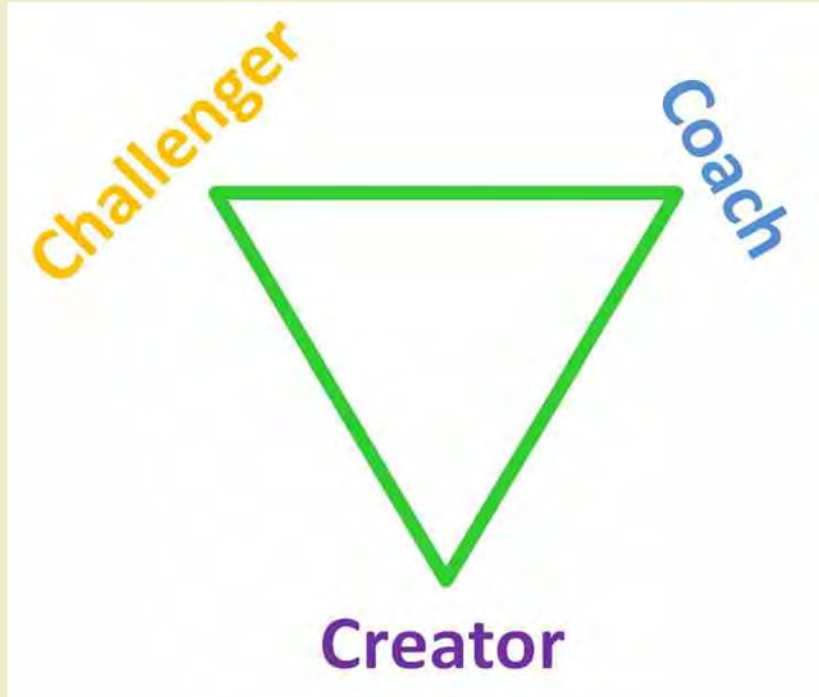
1. Life happens to me

You feel victimized and helpless, have no power. Only someone or something else has the power to change things.

FOUR WAYS OF BEING IN THE WORLD

TO ME, BY ME, AS ME, THROUGH ME

Another great tool for locating ourselves is to know our four states of consciousness





In that first hardly noticed moment in which you wake,
coming back to this life from the other
more secret, moveable and frighteningly honest world
where everything began,
there is a small opening into the new day
which closes the moment you begin your plans.

What you can plan is too small for you to live.
What you can live wholeheartedly will make plans enough
for the vitality hidden in your sleep.

To be human is to become visible
while carrying what is hidden as a gift to others.
To remember the other world in this world
is to live in your true inheritance.

You are not a troubled guest on this earth,
you are not an accident amidst other accidents
you were invited from another and greater night
than the one from which you have just emerged.

Now, looking through the slanting light of the morning window
toward the mountain presence of everything that can be
what urgency calls you to your one love?

What shape waits in the seed of you
to grow and spread its branches
against a future sky?

Is it waiting in the fertile sea?
In the trees beyond the house?
In the life you can imagine for yourself?
In the open and lovely white page on the writing desk?



*WHAT TO
REMEMBER
WHEN
WAKING*

*BY DAVID
WHYTE*



COMMITMENT 13

EXPERIENCING THE WORLD AS AN ALLY



Commitment #13: Experiencing the world as an ally

I commit to seeing all people and circumstances as allies that are perfectly suited to help me learn the most important things for my growth.

I commit to seeing other people and circumstances as obstacles and impediments to getting what I most want.

Are you willing to Shift?

- *How is _____ my ally in this situation?*
- *I recommit to seeing _____ as my ally, rather than my adversary.*
- *Where do I see others as powerless?*
- *Where do I see others as more powerful than me?*
- *Who do I see as less than me?*
- *Who do I see as more than me?*
- *I recommit to seeing _____ as my equal and ally.*



**KEEP
CALM**

AND

**STAY ABOVE
THE LINE**



KAI

改

“change”

ZEN

善

“good”

+

=

“good change”

aka

“continuous
improvement”



***Introduction to
Conscious Leadership - A Virtual
Workshop***

Thursdays, & Or Saturdays in May/June 2020

***Are you dealing with recycled drama and stress?
Do you wish you could have more clear and authentic
communication?***

***Do you want to lead from trust instead of fear?
Wishing you could create a more open, creative and drama
free environment?***

It only takes ONE person to create a shift!



- *The ISS Mary Anne Haas* -
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Thank you!

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