

# Conscious Leadership: Mindful Self-Awareness

*"Being a self-leader is to serve as chief, captain, president, or CEO of one's own life"*

*Peter Drucker  
Management Consultant/Author*

*"Leadership is not about titles, positions or flowcharts. It is about one life influencing another."*

*John Maxwell  
Developing the Leader within You*

*"We often describe unconscious leaders as reactive. They react from a "story" about the past or an imagined future, and their personality, ego, or mind takes over."*

*Jim Dethmer  
The 15 Commitments of Conscious Leadership: A New Paradigm for Sustainable Success*

*"Self-care is your fuel. Whatever the road ahead or the path you've taken, self-care is what keeps your motor running and your wheels turning."*

*Melissa Steginus  
Author, Self Care at Work*

*"Stages of working from home:*

- 1. I work from home, how cool!*
- 2. It would be nice to have someone to talk to...*
- 3. I hope Billy the pigeon comes to visit my window today."*

*Katie  
Healthy Living Blogger*

## Conscious Leadership

Conscious leaders are effective leaders of self. Learning more about yourself will allow you to lead in any situation with greater confidence. Exploring your own reactions to situations illuminates how you are currently role modeling. You have complete control of how you choose to respond to situations you find yourself in. Making healthy choices about how you respond has incredible power to influence people around you.



## Mindful Self-Awareness

- Clear focus of attention on the present moment and your experience in it, including, thoughts, feelings, physical experiences, underlying belief systems, and the choices you make.
- Ability to shift judgmental to non-judgmental – to live in the neutral.
- Awareness of shifting attention between the inner self and the outer world.

## Self-Care During Times of Change and Uncertainty

1. What practices have you put in place that nurture your well-being and help you manage stress?

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2. What practices have you put in place that make WFH, work for you?

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*> purpose > people > performance*

At any given moment,  
pause and ask yourself...

### Where am I?

*Open. Curious.*

*Accountable. Committed to*

*learning. Own it.*

*See it. Solve it. Make*

*choices. Seek Feedback.*

*Find better ways.*

### Above the Line

### Below the Line

*Closed. Defensive. Victim.*

*Committed to being right.*

*Deny and ignore. See*

*problems. Give excuses.*

*Blame.*

## The ABC's of Personal Power

Dr. Albert Ellis, one of the most influential psychologists in history, helped us understand how our thoughts effect our feelings and behavior.

### Activating Event

The facts and events of any given situation.

### Belief

Your thoughts and beliefs about the activating event.

### Consequence

Your feelings and actions that result.



## Building your Network

Research studies continue to confirm that networking (creating a fabric of personal contacts who will provide support, feedback, insight, resources, and information) offers a valuable opportunity for engagement and learning both in and outside of your organization. Engaging in networking conversations will help you discover useful information. (i.e. which certifications may be beneficial for your professional development, discovering new industry and business trends, generating new project ideas, finding help and resources to solve challenges, etc.)

### Some questions to use when networking:

- What are the toughest problems and decisions you handle?
- What type of professional and personal skills does it take to succeed in your work/field?
- What do you see as the major issues/trends in your field today?
- What books, journals, or podcasts would you recommend and why?
- What ideas do you have for me to handle a specific challenge or need right now?



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