







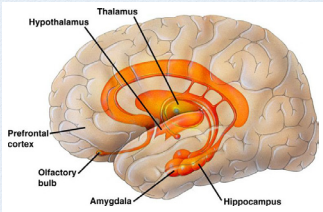
Evolved Leadership means...

Influencing self and others towards wellbeing over time.

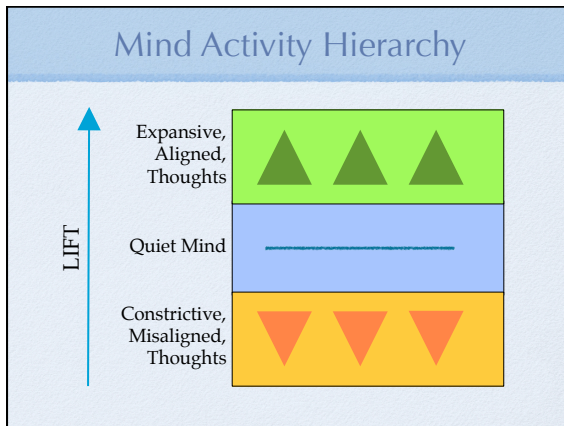
Your effectiveness as a leader is influenced by...

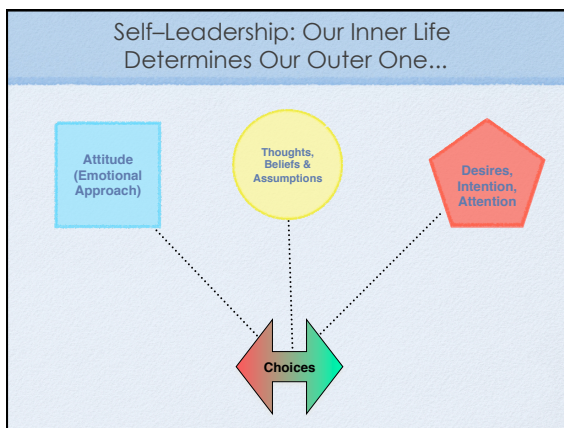
...YOUR self-leadership skills...

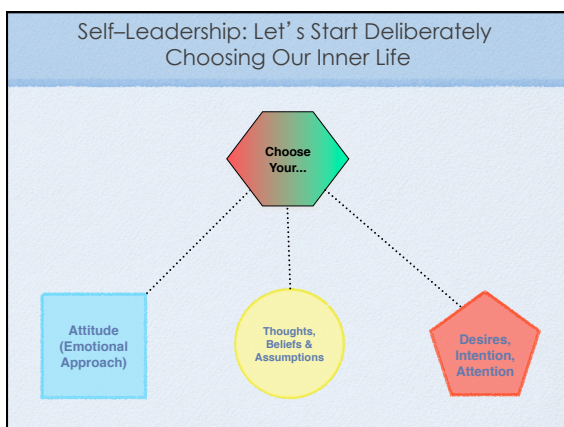
Remember to Breathe



- Breathing is nature's Stress-Breaking Gift
- Neuroscience confirms that breathing techniques can soothe stress and even halt the fight, flight, or freeze response.
- Breathing technique: three-quarter breathing.













Our Emotional Compass



Your effectiveness as a leader is influenced by...

...your capacity for empathy, and your expertise in handling emotion.

(...and the US Military, among other organizations, agrees...)

Emotions



"Human behavior flows from three main sources:
desire, emotion, and knowledge"

~Plato, Classical Greek philosopher, mathematician

"There can be no transforming of darkness into light and
of apathy into movement without emotion."

~Carl Jung, Swiss psychotherapist and psychiatrist

"I've learned that people will forget what you said,
people will forget what you did, but people will never
forget how you made them feel."

~Maya Angelou, American Poet

Defining Emotion

GOOGLE...

- e-mo-tion
- /l'məSHən/
- Noun
- A natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others.
- Any of the particular feelings that characterize such a state of mind, such as joy, anger, love, hate, horror, etc.

Our Definition...

An energetic, directive, psychological
response to perception and thought, that
affects, informs, and enriches our
experience of reality...



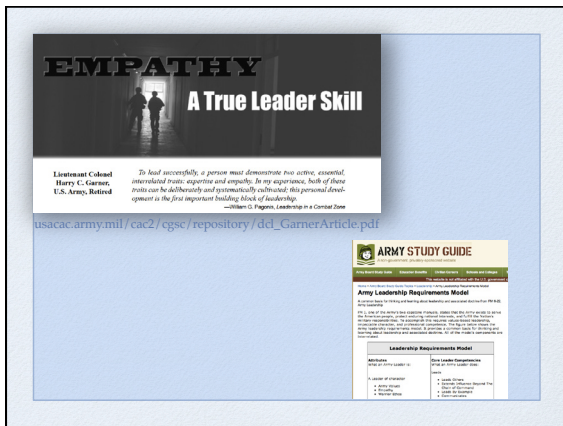
Emotions and Choice

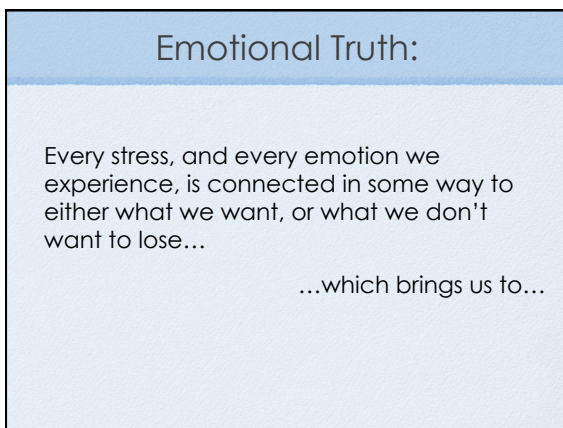
- There is *always* a reason to choose.
- In every chance to chose, there is one choice that *feels* better than another. (This is our emotional compass at work).
- We always make what we think/feel is the best choice in the moment, from whatever level of awareness we are at, for whatever reason or reasons we use to support that choice.
- We can never completely duplicate the conditions of any single choice—*ever* (It is therefore pointless to compare one life to another, and one person's choice to another person's choice).

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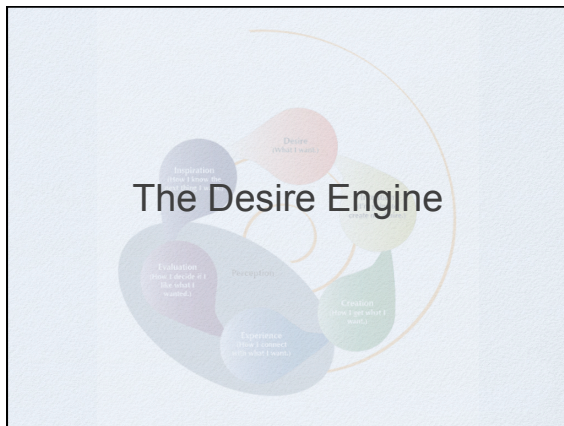
Emotional Intelligence (Ei) The Five Components

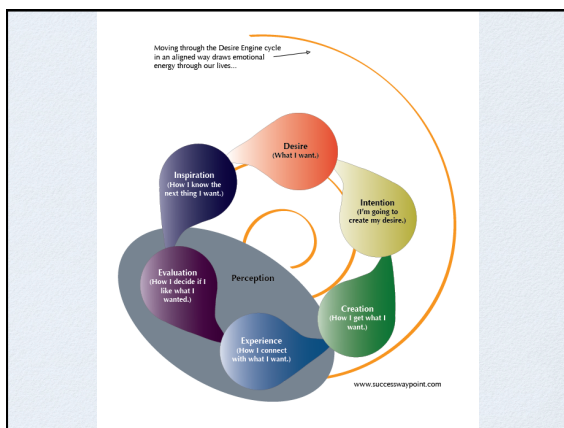
Component	Definition	Hallmarks
Self-Awareness	The ability to recognize and understand your moods, emotions, and drives, as well as their effect on others.	<ul style="list-style-type: none"> ✓ Self-confidence ✓ Realistic self-assessment ✓ Self-deprecating sense of humor
Self-Regulation	The ability to control or redirect disruptive impulses and moods. The propensity to suspend judgment—to think before acting.	<ul style="list-style-type: none"> ✓ Trustworthiness ✓ Comfort with Ambiguity ✓ Openness to change
Motivation	A passion to work for reasons that go beyond money or status. A propensity to pursue goals with energy and persistence.	<ul style="list-style-type: none"> ✓ Strong drive to achieve. ✓ Optimism, even in the face of failure. ✓ Organizational commitment
Empathy	The ability to understand the emotional makeup of other people. Skill in treating people according to their emotional reactions.	<ul style="list-style-type: none"> ✓ Expertise in building and retaining talent. ✓ Cross-cultural sensitivity. ✓ Service to clients and customers.
Social Skill	Proficiency in managing relationships and building networks. An ability to find common ground and build rapport.	<ul style="list-style-type: none"> ✓ Effectiveness in leading change ✓ Persuasiveness ✓ Expertise in building and leading teams











Super Question...

What do I want?

Super Question...

Is this desire aligned with my values, my character strengths, and my aptitudes?

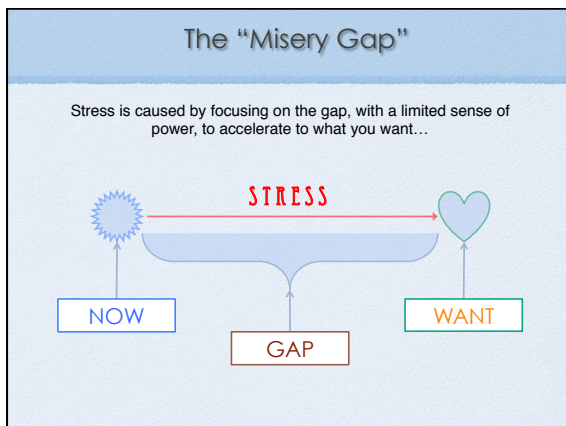
Super Questions...

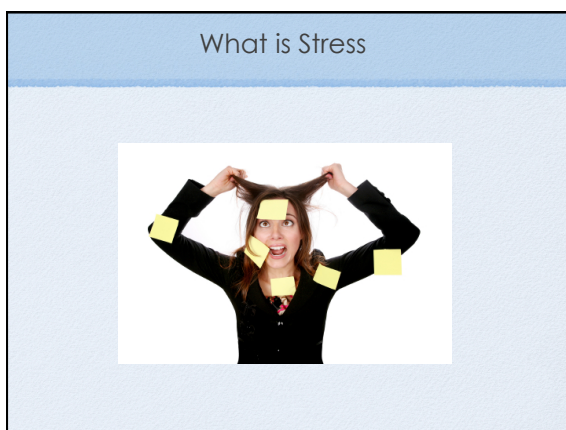
Will this bring me closer to my highest joy, and more freedom?

If not, why am I even considering it?

"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive."

~ Howard Thurman





Stress is Resistance...

- Resistance...
- Going against the flow...
- Disruption of harmony in the body, mind, or emotions...

A 3D graphic showing a field of green arrows pointing towards the right. One red arrow points towards the left, standing out from the others and representing resistance or going against the flow.

Stress Fact: What Causes Stress?

The Desire Engine Law of Psychological Stress:

Psychological stress increases with the difference between [what is/will] happen and what you [wanted/want] to happen—and how much power you feel/felt to influence the desired outcome.

Full Barrel Effect



Stress Fact:

Taking care of yourself in positive ways, no matter what the approach, lessens the effects of stress...

Buttressing Against Stress

Supportive/Recuperative

- **SLOW DOWN!!!**
- Sleep
- Relaxing Activities, Hobbies
- Changes of Scene
- Listening to Music
- Exercise (including Yoga, Tai Chi, Qi Gong, Stretching)
- Choosing foods that work best for you (not dieting).
- Reading (poetry, thrillers, romance for distraction or inspiration).
- Spiritual Reading
- Spiritual Activities & Practices
- Massage (all types)
- Reiki, Healing Touch "energy work" modalities
- Simplifying (as in "single-tasking").
- Emotional Freedom Technique (EFT)
- Cognitive Therapy
- Meditation
- Acupuncture, alternative therapies.

Your effectiveness as a leader is
influenced by...

...your capacity to
master, and lead
others through,
change and chaos.

Change almost always involves letting go...



—William Bridges, *Managing Transitions*

- William Bridge's model of three stages of transition.
- Often misrepresented as "steps" in a block-style graphic or worse.
- Illustrates the three concurrent processes that are ongoing during change. "The Neutral Zone" is where re-patterning occurs.

Common Definition of Chaos:

Noun:

1. Complete disorder and confusion.
2. Behavior so unpredictable as to appear random, owing to great sensitivity to small changes in conditions.

Our Definition of Chaos:

A collection of influences, trends, outcomes, and available choices that we have not yet organized or prioritized in a way that makes comfortable* sense to us.

*Low stress, or stress free.

A Chaos Truth:

We can't always bring order to chaos, but we can bring order to our thinking about chaos.

A Chaos Truth:

"Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way."

"When we are no longer able to change a situation - we are challenged to change ourselves."

~Viktor E. Frankl

People who "Get" Chaos

Invention, it must be humbly admitted, does not consist in creating out of void, but out of chaos.

~Mary Wollstonecraft Shelley

Comedy is a way to make sense of chaos. It's a way of dealing with things that are overwhelming, that threaten you; it's a way to survive and get closer to the truth.

~Laura Linney

Chaos in the world brings uneasiness, but it also allows the opportunity for creativity and growth.

~Tom Barrett

People who "Get" Chaos

"In chaos, there is fertility."

— Anaïs Nin

"The only geniuses produced by the chaos of society are those who do something about it. Chaos breeds geniuses. It offers a man something to be a genius about."

— B.F. Skinner, Walden Two

"The poet knows that he speaks adequately, then, only when he speaks somewhat wildly."

— Ralph Waldo Emerson

People who "Get" Chaos

You must have chaos within you to give birth to a dancing star.
~Friedrich Nietzsche

Chaos is inherent in all compounded things. Strive on with diligence.
~Buddha

I have so much chaos in my life, it's become normal. You become used to it. You have to just relax, calm down, take a deep breath and try to see how you can make things work rather than complain about how they're wrong.
~Tom Welling

Chaos is a name for any order that produces confusion in our minds.
~George Santayana

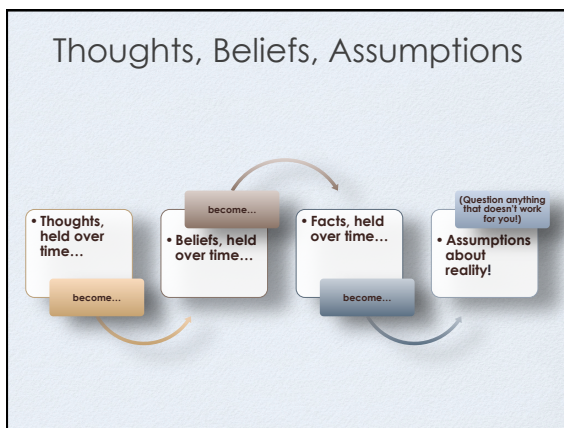
Your Experience with Chaos...

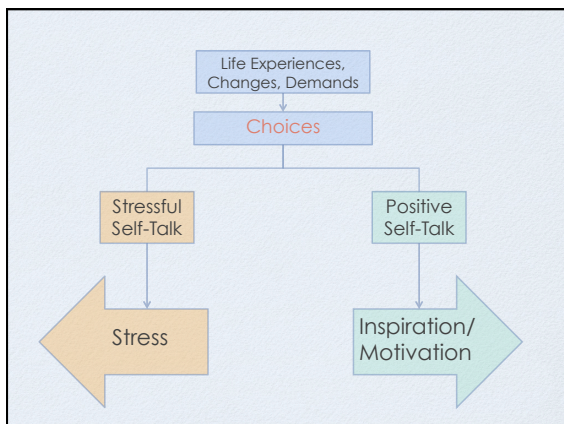
What positive outcomes (if any) have come from the role chaos has played in your life?

Your effectiveness as a leader is influenced by...

...your beliefs, your habitual thoughts, and your self-talk.







Self-Talk Facts

Do you know that how you talk to yourself, and the habitual thoughts that you think, can affect how you handle both stress and change?

Self-Talk Facts

Self talk can increase or lesson, stress. In fact, research shows what we say to ourselves about our experience has more influence on our stress than experience itself!

Self-Talk Facts

Though we can't control every life experience, we can control what we say to ourselves about every life experience... to waste this opportunity is to give away our power.

Self-Talk Alert:

<ul style="list-style-type: none"> • My Situation is different. • There's nothing I can do. • It will never work. • I don't have time. • There's too much to do. • I tried it once, and it didn't work. 	<ul style="list-style-type: none"> • It's not that easy. • You don't know the people I work with! • It doesn't feel natural. • I know this already (dismissing helpful information).
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Your effectiveness as a leader is influenced by...

...your appreciation for diversity of all types, including *psychological*.

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THE POWER TO CONNECT

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Your effectiveness as a leader is influenced by...

...your ability to lead by example.

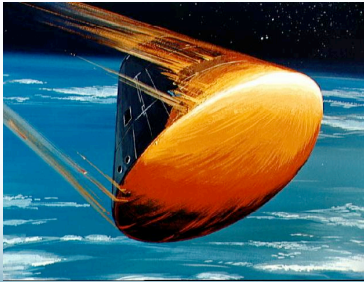
Personal Mission Statement

- My work will uplift others and myself.
- My work will assist others in their personal and professional progress.
- My work will invite new perspectives.

Re-entry...


"Conventional thinking is the ruin of our souls..."

—Rumi



THANK YOU!

Make it fun!



One ship sails East,
And another West,
By the self-same winds that blow,
'Tis the set of the sails
And not the gales,
That tells the way we go.

Like the winds of the sea
Are the waves of time,
As we journey along through life,
'Tis the set of the soul,
That determines the goal,
And not the calm or the strife.

~Ella Wheeler Wilcox

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