

Conscious Consulting

Conscious Leadership

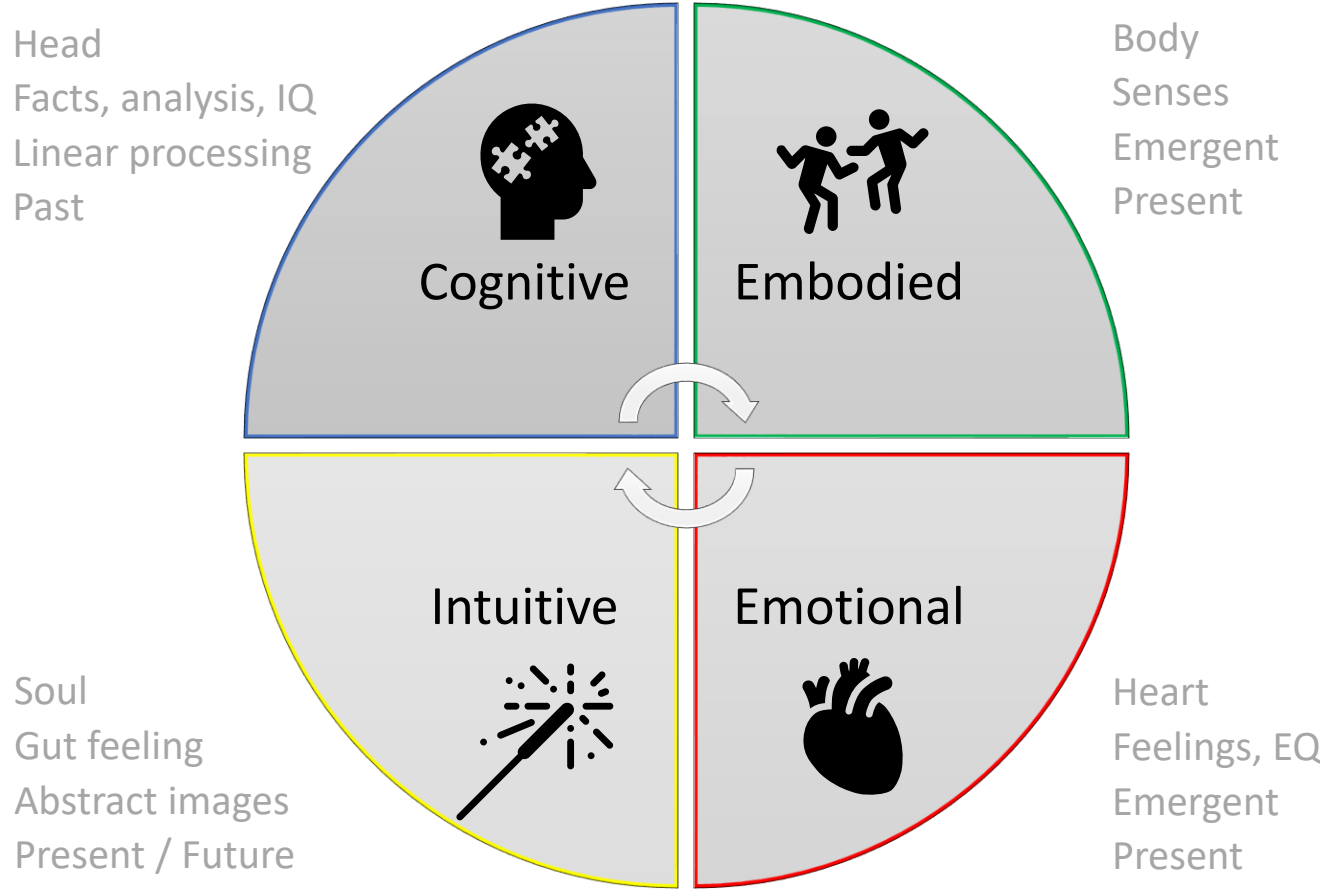
“Our brains were not built for this much uncertainty”*

* This September 2021 article in **Harvard Business Review** described how our brains have evolved to be uncertainty averse, where even the threat of uncertainty makes us less capable

What if the answer to the question of not only surviving, but being at ease with uncertainty, is already within us?

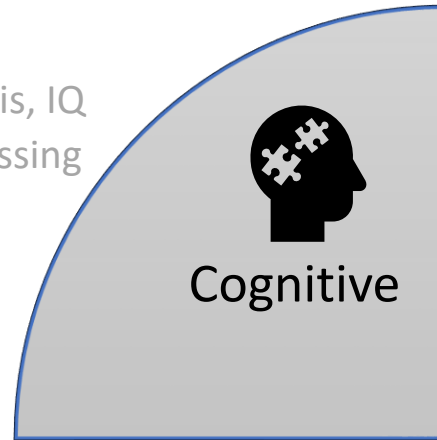
What if we already have all the capabilities and skills to lead ourselves and others during volatile and uncertain times?

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Head
Facts, analysis, IQ
Linear processing
Past



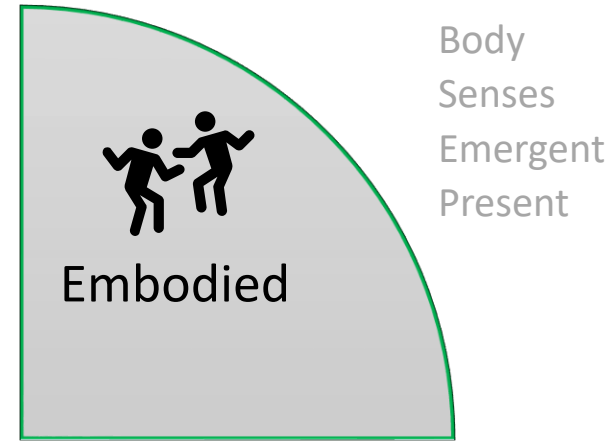
Ways of working with cognitive knowing

- Reflection after a project or process review, thinking through what went well, and what could be done differently next time;
- Brainstorming with a team to share ideas;
- Mindfulness to shift from busy beta to alpha brainwaves for single pointed focus, or theta for creativity.

Cognitive knowing predominates in our society. Starting in mainstream education with IQ tests, school & university exams, professional qualifications and a key measurement of competence in organizations. Overuse of our cognitive function can lead to stress, anxiety and burnout.

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Working with embodied knowing is new to many people, however this is a rich source of data which can no longer be ignored as being fully present in our body allows to clearly experience thoughts, feelings and intuition.



Ways of working with embodied knowing

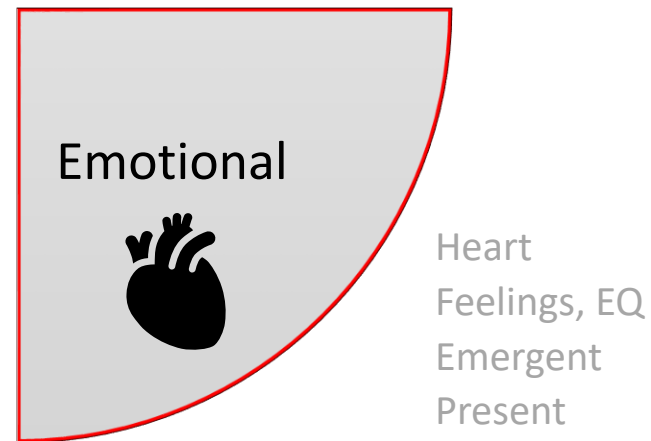
- Body scan to quiet our thoughts and become more connected to and aware of our body;
- Physical movement to model an issue which can then be shifted or released;
- Systemic mapping of an issue using floor markers, connecting with each element of the system and understanding how we feel in our bodies (also our emotions and intuition) in each place.

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Emotional Intelligence has been recently popularized by Daniel Goleman. There are now many training courses for leaders on this subject. Heartmath is a scientific study which proves the heart is the place we make our choices, and therefore central to our intelligence.

Ways of working with emotional knowing

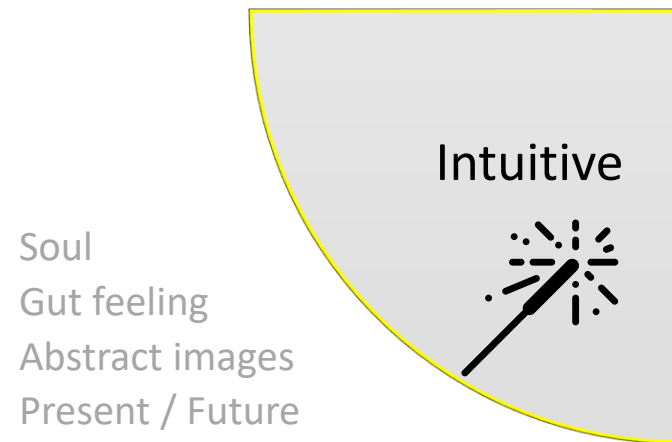
- Heartmath – scientific study which shows the heart is the decision maker, sending this information to the brain for processing. 25 years of research has shown creating coherence between the heart and brain is optimal for wellbeing and success;
- Recognizing, acknowledging and being with our emotions (without judgement), allowing them to integrate or release;
- Noticing emotions that arise in ourselves when we are in certain situations, patterns of emotion, working with a coach to identify and integrate or release these subconscious patterns.



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Ways of working with intuitive knowing

- Mindfulness techniques to access deep delta brainwaves where insight and intuition occur;
- Action Inquiry - holding of a question over time allows insights to emerge from our intuition;
- Systemic mapping of an issue using floor markers, connecting with each element of the system and connecting with our intuitive knowing in shifting the elements into a new place;
- Being in nature, and being Silent allows us to connect with our intuitive knowing.



Many leaders already use intuition or 'gut feel' to make decisions, consciously connecting with and using our intuition as a source of data is a skill that can be (re)learned like any other.

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