

Cultivating Conscious Leadership

RELATIONSHIPS AND COLLABORATION: MAINTAINING AND BUILDING RELATIONSHIPS, COLLABORATING WITH OTHERS, AND DEVELOPING EMPATHY ARE ESSENTIAL TO COLLECTIVE FLOURISHING.

DIALOGUE AND COMMUNICATION: LISTENING TO OTHERS AND PRACTICING DIALOGUE AS A MEANS TO UNDERSTAND DIFFERENT PERSPECTIVES AND BUILD TRUST ARE KEY TO DEVELOPING UNDERSTANDING AND RELATIONSHIPS.

SUPPORT SYSTEMS: STRENGTHENING COMMUNITY NETWORKS AND RELATIONSHIPS, AND UNDERSTANDING LEADERSHIP AS A SOCIAL PROCESS CREATE A STRONGER WEB OF MUTUAL SUPPORT.

ENVIRONMENTAL AND SOCIAL RESPONSIBILITY: ADDRESSING ISSUES LIKE GLOBAL WARMING, CLIMATE CHANGE, RACISM, MENTAL HEALTH, AND WORLD HUNGER TAKES COLLECTIVE CONSCIOUS ACTION.

GENERATIONAL SHIFT AND YOUTH EMPOWERMENT: RECOGNIZING THE POTENTIAL OF THE YOUNGER GENERATION AND BEING THEIR CHAMPIONS IS AN INVESTMENT IN THE FUTURE.

Outer Action



Inner Work

AWARENESS & MINDFULNESS: BECOMING MORE AWARE OF OUR UNCONSCIOUS BIASES AND EMOTIONS TAKES DELIBERATE ATTENTION. PRACTICES LIKE SILENCE, REFLECTION, AND WALKING IN NATURE ARE WAYS TO BE MORE PRESENT AND AWARE.

CURIOSITY: STAYING CURIOUS AND NOT LABELING THINGS AND PEOPLE PROMOTES OPEN-MINDEDNESS AND A SENSE OF ONENESS.

SELF-DEVELOPMENT: PERSONAL DEVELOPMENT INCLUDES SELF-REFLECTION, SOCIAL AWARENESS, AND EFFORT TO CHANGE OURSELVES TO ALIGN WITH OUR VALUES AND ASPIRATIONS.

PURPOSE: FINDING PURPOSE, CLARIFYING VALUES, AND RE-EXAMINING OUR SELF-MADE STORIES SHAPE OUR SENSE OF MEANING.

EMPOWERMENT: OVERCOMING FEAR AND RECOGNIZING ONE'S POWER TO MAKE A DIFFERENCE CREATES AGENCY.

COMPASSION: FORGIVENESS, BOTH OF ONESELF AND OTHERS, REFLECTS THE IMPORTANCE OF LETTING GO AND CULTIVATING COMPASSION.

GRATITUDE AND AWE: EXPRESSING GRATITUDE AND FINDING MOMENTS OF AWE CREATE A SENSE OF APPRECIATION AND ABUNDANCE.

LEADERSHIP FORUM COMMUNITY

Connecting Leaders Who Inspire Meaningful Change

