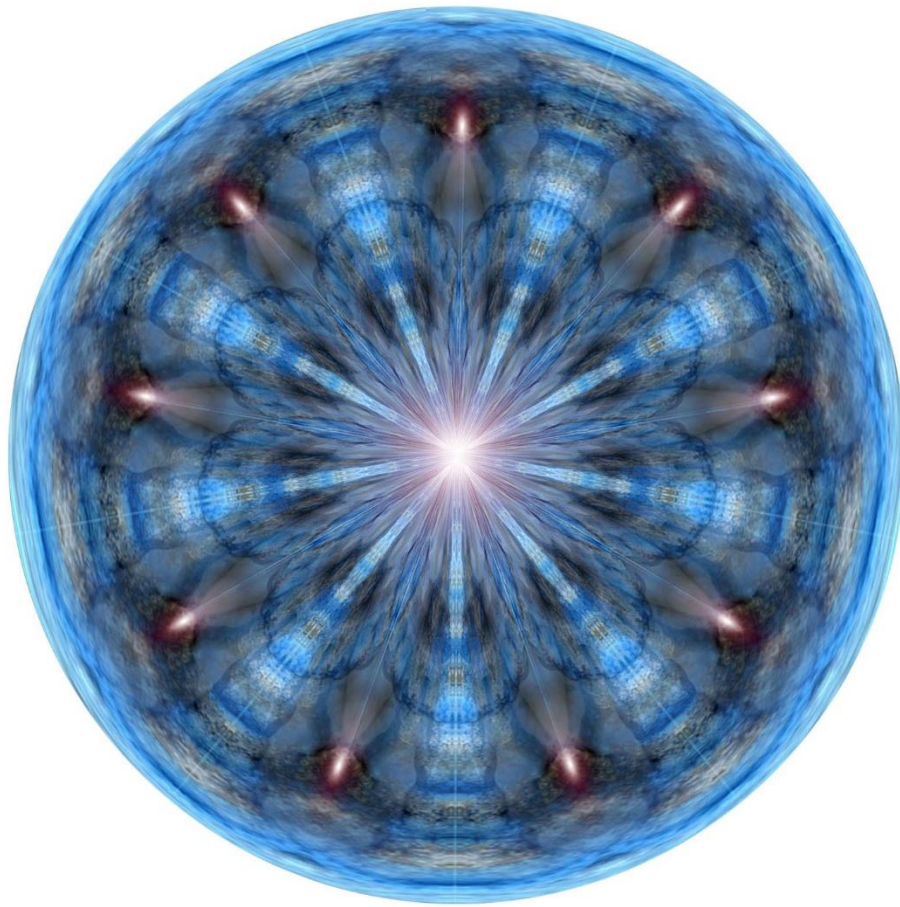




CONSCIOUS LEADERSHIP WORKBOOK

CONSCIOUS LEADERSHIP

Workbook

Welcome

Thank you for downloading this conscious leadership workbook.

Having decided to access this workbook, you may be:

- Facing a major personal or professional challenge
- Seeking greater confidence at work or in personal or social situations
- Wanting to develop your leadership competencies and skills
- Ready to consider actions you need to take to become a better leader

I am the Consciousness Whisperer. I help Successful Business Leaders shape the future with higher levels of confidence, having greater fulfillment in their personal and professional lives, and a more positive impact in their local and global environments.

Completing this short exercises in this workbook will:

- Increase your awareness of what is going on inside and around you
- Gain clarity about your intentions relating to your increased awareness
- Define immediate intentional actions in response to what you are noticing

This document contains a short reflective exercise along with an invitation to complete a self assessment of your leadership practices and behaviors and to schedule a complimentary conscious leadership discovery session.

Please turn to the next page to complete the exercise.

CONSCIOUS LEADERSHIP

Workbook

NOTICING WHAT
IS GOING ON

SETTING
INTENTION

ACTING
RESPONSIBLY

Instructions:

Print the document or have it open where you can write down and capture your responses.

Set aside 10-15 minutes in a quiet space where you will not be disturbed.

Before turning to the next page, find a comfortable sitting position, close your eyes, and focus on your breathing. When thoughts come into your awareness, simply notice the thought and return to your breathing. Sit quietly for a couple of minutes, just noticing what thoughts come into your mind.

If you have more time, listen to my six-minute guided meditation at:
https://www.youtube.com/watch?v=_gAjk8_0uwQ

When you are ready, answer the questions on the next page.

CONSCIOUS LEADERSHIP

Workbook

What are you noticing?

Inside of you:

In someone else:

In the world:

What is your intention about what you are noticing?

What responsible actions will you take in response to what you are noticing?

Take those responsible actions now!

CONSCIOUS LEADERSHIP

Invitation

Do you ever wonder...

WHO CAN I TURN TO? An organizational leader ponders... There are times I feel like there's no place I can be vulnerable and uncertain because everyone has their own agenda. If only it was safe to share challenges and uncertainties with trusted people who know what it is like to be in my shoes.

IS THIS ALL THERE IS? A successful senior executive wonders... I'm at the top of my game, feeling confident and content with my ability to lead and with the success of my organization. But I have this feeling that there's more to do or to be. It is a persistent nagging that there's a bigger difference to be made and I could use help so I can have greater positive impact in the world.

WHAT'S IT ALL ABOUT? Wide awake at 3 AM, wondering... I have achieved much more than I envisioned when I was younger but what's next, for me and my organization? I would like a renewed sense of purpose and meaning that will take me/us to new heights but don't have anyone to talk to who will hear my wonderment with equanimity and help me sort it out. If these questions, or questions like these, occupy your consciousness with growing frequency you may want to consider a complimentary conscious leadership discovery session with Dr. Paul Ward, the Consciousness Whisperer and Conscious Leadership Coach.

To schedule your complimentary Discovery Session, complete the Contact Form at:

<https://drpaulward.com/contact/>

To take the Conscious Leadership Self-assessment, go to

<https://www.surveymonkey.com/r/7CZLKS9>

TESTIMONIAL

Paul has been fundamental in reinforcing my leadership style using consciousness as a model to enhance my professional career and personal journey. I have been able to re-set priorities, gain and sustain confidence, act with mindfulness, and face challenges based on my values and beliefs. I genuinely recommend Paul as an executive coach if you want to connect your character with your executive presence to impact all aspects of your life positively. –

Leadership Coaching Client, 2020

The Inner Journey to CONSCIOUS LEADERSHIP

To learn more about Dr. Paul Ward, visit: www.drpaulward.com

To find out more about The Inner Journey to Conscious Leadership or to order the book, visit: <http://theconsciousleadershipbook.com/>

