



Conscious Leadership

Conscious leadership is a deepening of awareness and connection to self, others, and the world that removes blocks and blind spots while also aligning a leader to their greatest potential and positive impact for people and the world.

How to be a Conscious Leader in Your Career, Business, Life and with Others

1. A Conscious leader is self aware. To become a conscious leader you first must know yourself well including your personality, strengths, weaknesses, and values.
2. Leading your career, business, and life consciously requires leaders to not be operating on autopilot, from fear, or in a state of stress. If you are experiencing any of these, you cannot lead consciously. Address and heal these states.
3. The next step in conscious leadership is learning and knowing your impact, influence, and interaction dynamics on others.
4. A conscious leader has moved from a place of disconnection from self, others, and the world and has become connected and in tune with people and the world.
5. A conscious leader is aware of money and power, but not consumed or controlled by it nor do they use them to control or judge others.
6. A conscious leader owns their leadership role in leading their career, business, and life from a place of conscious choice.
7. A conscious leader recognizes and acknowledges that wherever they have a block, conflict, or challenge, is where they have a blind spot or limiting belief that is contributing to the challenge.
8. A conscious leader takes 100% responsibility for their results and owns they have a leadership role to lead and create the results they want in their life.
9. Conscious leaders do not need to be right or prove they are right and are open and curious to other points of views.
10. A conscious leader practices being conscious in every conversation with every choice, action, and response, as well as conscious to everything that exists in their life. They prioritize a practice of daily, weekly conscious leadership.

A Conscious Leadership Practice

1. Where are you currently experiencing a challenge, block or conflict? Or Where do you want improvement in your career, business, leadership, and life?



2. It is said that you cannot get out of the box, if you cannot see the box. You must first see or become aware of the so called box which could be a blind spot, lack of awareness, or unwillingness to take responsibility. How will you expose the challenge, conflict, or block with awareness? What will support awareness?

3. What state are you currently in? Is it a state of stress, fear, or being on autopilot? Or Are you in an empowered, optimistic, open state? If you are experiencing stress or fear or on autopilot, what will support you best to get into a better state of being?

4. What conscious choices will you make to consciously lead your career, business, and life?

5. Where have you become disconnected and need or want to reconnect and align? (health, finances, relationships, leadership, communication, values, purpose...)

6. Conscious leaders take ownership of their leadership role. Where can you take more ownership as the leader in your life, career, business and how?

7. Create a Conscious Leadership Practice