

LEADERSHIP TOOLKIT

Lead as you are. You already have the ability to lead. Each one of us is born with a powerful set of strengths to affect positive change and inspire others. In order to cultivate the right environment to empower yourself as a leader - it is

important to focus your energies both inward and outward. This Leadership Toolkit is built to enhance your well-being, physical awareness, and genuine connection with others. Learn from great minds and practice these simple, effective skills to step into your leadership potential.

Listen from the Heart

One of the Four Intentions of Council is to "listen from the heart." In practicing open-hearted listening, it is important to stretch yourself, as one stretches a bowstring, to aim at understanding, empathy, and ultimately, connection. Try this mindfulness practice to cultivate nonjudgemental awareness.

Inspiration on the Art of Leadership

"When choosing a leader, we always keep in mind that humility provides clarity, where arrogance makes a cloud. The last thing we wanted is to be led by someone whose judgment and actions were clouded by arrogance." -The Lakota Way

Leave Your Ego

You don't need to hold a management position at a company or be the loudest voice in the conversation to be a leader. Science tells us that integrity, emotional intelligence, creativity, and empathy lend to strong leadership most directly.

A **study** of 195 leaders in over 30 global organizations showed that the most competent leaders:

- Demonstrated strong ethics
- Empowered others to self-organize & nurtured their growth
- Fostered connection and belonging by showing openness to new ideas

How can you embody the three competencies to uplift your community?

Learning from Leadership's Manual



Leadership doesn't have a user's manual, but social entrepreneur Fields Wicker-Miurin says stories of remarkable, local leaders are the next best thing. For inspiration, watch this **TED talk** and listen to the stories of:

- Benki, from the Ashaninka Nation of the Amazon, Brazil
- Sanghamitra from Bangalore, India
- Dr. Fan Jianchuan from Sichuan Province, China

Inspiration on the Art of Leadership

"The point is not to become a leader. The point is to become yourself."

-Warren Bennis

3 Non-Verbal Cues of Confidence

Straight back, relaxed posture.

Breathe in. As you exhale, relax each of your facial muscles, followed by your neck and shoulders.

Imagine there is a single, straight line from the bottom of your tailbone to the crown of your head. You are strong and present.



Smile and hold eye contact.



Smiling is an invitation to others, signaling that you are open and friendly (to new people, new ideas, etc). Holding a person's gaze communicates to them that they matter, their voice matters, and that they have your undivided attention.

Open hands, open heart.

Keep your hands visible to others. Keep them out of your pockets, empty, and open. Feel free to make gestures with your

hands as you speak, being careful not to finger point. This communicates warmth, enthusiasm, and good energy to the people around you.





Center for Council provides programs and training that promote communication, enhance well-being, build community, and foster compassion.

We believe that healthy and cared-for individuals create stronger and more resilient communities.

We're devoted to building a world that is rooted in compassionate communication and a deep understanding of our human interconnectedness.

Thank you for your generous gift to help us expand our Council community and for your commitment to your own self-nourishment.

For more information on our work please visit centerforcouncil.org