



3 Essential Steps To A More Conscious Brand Of Leadership



with
Transformational Leadership Coach
Ragini Elizabeth Michaels

© 2022 Facticity® Trainings, Inc.

rm@RaginiMichaels.com—425 462 4369—www.RaginiMichaels.com

Copyright 2022 Ragini Michaels—425 462 4369—www.RaginiMichaels.com



3 Steps To A More Conscious Brand Of Leadership

Because you're exploring how to meet the challenge of aging from a different perspective, I'm going to make a couple of assumptions about you. So please forgive my forwardness in doing so.

First, I'd say you are a heart-centered leader, whether you put that out there in your business persona or not.

Second, I'd say you want to lead people in a direction that you believe will make our world a better place for everyone.



That said, you may have already embraced many of the traits that are known to immediately catapult a conscious leader's impact in a very positive direction.

Here's a few of the current ingredients for building the conscious leadership skillset:

- *resilience*
- *flexibility of viewpoint*
- *integrity*
- *accountability*
- *mental agility*
- *acting from a centered perspective*

These are currently developed by practicing meditation, kindness, authenticity, presence, compassion, empathy, humility, and mindfulness.

However, actualizing these skills and ways of being rest upon the degree of your self-awareness and willingness to face what you find.

At first glance, the development of self-awareness can seem daunting. But paradoxically, it's much simpler than you might think.

Focusing on these 3 steps supports your ability to make these traits and many more into your own in thought and, most importantly, in behavior.

3 Steps To A More Conscious Brand Of Leadership

Here's the bottom line.

***Self-awareness
is the requirement for introspection and reflection,
and a disciplined control of where you place your attention.***

The First Step: A Deeper Understanding of Awareness



Awareness is like the scout in the pioneer days. His job was to scope out the territory just ahead for challenges and safety.

The job of awareness is to scope out the landscape of a topic or issue just ahead, so that you can prepare yourself properly.

That means preparing you with the best attitude, behaviors, and beliefs to deliver you unqualified success. Coming face to face with the challenges of an upcoming landscape is what makes that possible.

You see, your unconscious mind (that one just outside your conscious awareness) is a significant source of power. And you want that power on the side of building your mindfulness and presence in daily life, not disrupting it. So the first step to greater conscious leadership is learning how to befriend your unconscious mind. And that can only be done with awareness.

For example, I often strive for more visibility, recognition, money, or success. But staying aware of my unconscious penchant for remaining invisible, anonymous, poverty minded or destined to failure makes it easier for me to avoid these pitfalls.

If my unconscious mind believed I already had what I wanted, I wouldn't find myself striving to acquire it. I'd be delighting in the joy and contentment that comes with having secured what I want. So your unconscious mind can be your best friend and ally, or your greatest enemy.

Awareness shows you *where you're living from* moment to moment. Paradoxically, this is usually determined by the *unconscious* mind alone. Your conditioning, programming, beliefs, and sense of identity can wreak havoc when there is no conscious awareness present to redirect it. Where to? Toward the behaviors that let you be the conscious leader you wish to be.

3 Steps To A More Conscious Brand Of Leadership

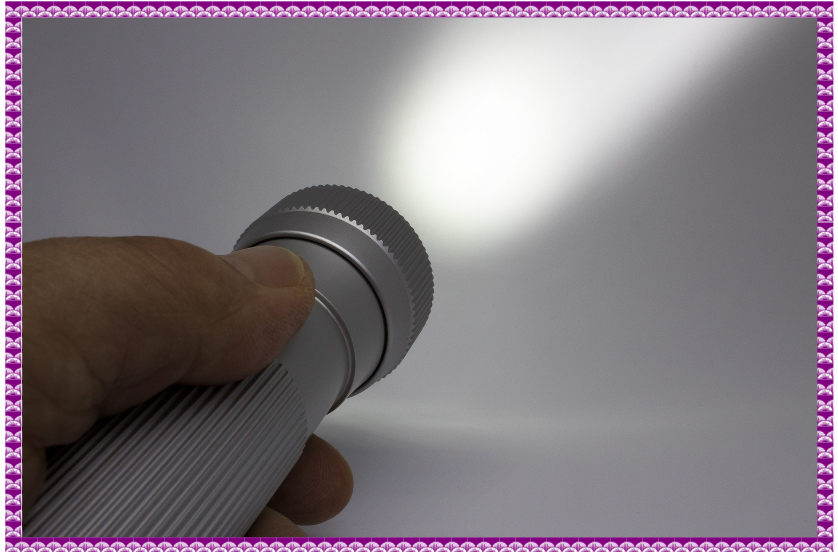
The Second Step: Keeping An Eye On Your Attention

Attention acts like a flashlight.

Wherever you shine the light of your attention, consciously or unconsciously, will determine what you're going to do, think, and feel.

Often you may find you've focused the light of your attention on, say, either success or failure.

This means you're going to behave either as a successful person, or as one who fails.



In either case, other ways of behaving will remain out of view.

This restricts your flexibility in adjusting your behavior, which is the hallmark of conscious leadership and conscious living.

If your attention is more like a floodlight, you receive a variety of ways to respond. This is because you're privy to the bigger picture *before* acting.

Intend to use your awareness to locate where you've placed your attention:

- *Sensations in your body?*
- *How you're going to get in trouble if you don't get the job done?*
- *The perks waiting around the corner if the big boss is happy with you?*
- *How life at home is going to get better with your success.*

Once you consciously know where your attention is resting, you're completely free to move it to wherever you wish: back to your breath or body, or whatever mindfulness practice you've chosen to use.

This ability is fundamental to the skill of expanding and performing your job with true conscious leadership. Does this mean you should never fail? Oh my, no!!! How can you succeed without failing? Failing is the best teacher there is for discovering success. Embrace it when it comes with joy and gratitude.

3 Steps To A More Conscious Brand Of Leadership

The Third Step: Assessing The Appropriate Attitude

Attitude is a perspective rooted in judgment. It involves deciding whether you like or dislike, approve or disapprove of some person, action, decision, or situation.



Without being aware of your attitudes, you're subject to their conclusions.

And the conclusions will be either good or bad based on your decision to accept or reject yourself, others, a choice, or a situation.

You can easily change your attitude by noticing where your attention is placed and then shifting it to another place that gives you a different perspective.

Verify for yourself that you can change your perception of any moment. Things appear differently when you're just present to what is unfolding vs. focused on emotional reactions stirring up disturbing or angry thoughts in your mind.

This is the hard work of building conscious leadership skills.

But the big payoff is this:

Every step of the way brings a greater freedom for you to show up in the ways you desire. And that means you will be a living example of how to make the world that better place for us all, one day at a time.

3 Steps To A More Conscious Brand Of Leadership

Make Awareness Your Best Friend & Constant Companion

Awareness is the bottom line for conscious leadership and conscious living. I imagine you're already practicing some form of meditation, contemplation, or awareness of your breath and body.

If so, you can expand that awareness to new inner landscapes and higher dimensions of possibility.

A RECAP OF THE 3 STEPS TO A MORE CONSCIOUS BRAND OF LEADERSHIP

1. Purposely call forth your conscious ***awareness***.
2. Invest time and energy using your awareness to discover where your ***attention*** is resting moment to moment.
3. Consciously search for the ***attitude*** being generated & amplified by the power of your attention.

This is the route that will eventually grant you access to all the qualities and abilities listed at the beginning of this guide—and there's more to come!

Here's a great perk for you right now: Conscious leadership comes with a much higher rating of what I call your ***CQ—centeredness quotient***. That's how well you do at reclaiming your center anytime you become aware it's somehow slipped through your fingers.

3 Steps To A More Conscious Brand Of Leadership

A Final Note:

I've found it makes all the difference in the world when you give faith *and* love a seat at your inner conference table. Give them a voice and listen.

They have the power to grant you courage and resilience, no matter how many times you feel you can't, you've failed, or what you're going after is an impossible dream.

The proof of your success is not in the outside world, but the inner one.

*Inner transformation comes first.
Outer transformation follows. Not the other way around.*

So be kind to yourself and practice, practice, practice being mindful and self-aware as often as you can.

It would be lovely if you would [CLICK HERE](#) right now to set up a complimentary call with me.

I'd love to talk with you so we could more correctly assess where you are and what might still be missing to get you to your desired goal.

To new possibilities.

Warmly,
Ragini

***images courtesy of Pixabay.com*

