



Inspirations for Strategic Leaders to discover how to operate from their inner source toward co-creative emergence to energize themselves and liberate their people to generate a more sustainable, healthy, equitable and joyful world for all.

10 Key Leadership Insights for Agility and Balance in a VUCA World

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1 Self-Care generously

The only one who can take care of yourself is you. Being compassionate and kind toward yourself, makes you less biased and judgmental towards others and better able to create enjoyable, meaningful and deeper connections with the people around you.

What does self-care mean for executives?

Find the right balance and cadence of hard work and pampering care for yourself. Get outside for movement - breath forest air - put yourself in a different space to reset, letting go and having fun. Quality of life is a key component of leadership longevity.

Being the best version of yourself is the best thing you can do for yourself and your surroundings.

Tip: Try one minute heart cohesion for centering





2 Engage mindfully

Engaging with conscious awareness gives you freedom of choice in your interactions. Human beings want to be seen, heard and understood. Respectful relationships create trust and drive for collaboration and cooperation. What we remember most, is how a person makes us feel.

What does engaging mindfully mean for executives?

Being mindful of intention and impact is a key to resonant executive presence and credibility. Find the right balance of directness and restraint. Feel the gratitude and humility that makes you truly human and alive.

Intentionality is a key component of leadership authenticity.

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Tip: Try open-hearted, curious and discerning listening





3 Connect heartfully

The heart is the source of emotional intelligence, strengthening our ability to manage feelings and emotions in the moment. The quality of the signals the heart sends to the brain profoundly affects your perceptions, brain function, and emotional experience. The heart-coherent state is a measurable state that people naturally shift into when they're feeling kind, appreciative, and compassionate.

What does heartful engagement mean for executives?

Learn to self-regulate for better heart coherence, which has been shown to have a lot of health benefits: improved immunity, reduction of stress, and lower blood pressure, to name just a few.

Heartfulness is at the core leadership effectiveness.

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Tip: Focus on feeling your heart qualities of gratitude and being alive throughout your day





4 Communicate clearly

To be seen, heard and understood is a basic human need. Communicating resonantly and effectively- where intention and impact are congruent - is the magic ingredient of executive presence and inspiring leadership.

When the messages and context are clear, the proposition is readily shared, and the supporting evidence builds trust - the leader creates psychological safety. Clear communication is a courageous leadership capacity based on self-confidence and mutual respect.

What does clear communication mean for executives?

We know it when we see it. Work with an effective balance of advocacy and inquiry. Find the right format, language and tone to respect the needs of your diverse audiences to influence and engage heartfully. Heartful communication and engagement enable a collaborative leadership culture.

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Tip: Stories are powerful containers for values, insights and meaning formation – keep it simple, soulful and clear.





5 Structure simply

Structure your weeks and days consistently and simply to help your brain and body to bring the best with the least effort. Set up your own Dynamic Operating Rhythm to create maximum flow and optimal speed in your endeavors.

What does structure simply mean for executives?

Create meeting agendas that allow for meaningful exchange and collaboration. Identify the right balance for working rituals, breaks and holidays to recharge your batteries and refresh your mind. Maintain 90/30 minutes intervals throughout the day to sustain optimal brain performance. Get your most important task done before 9:00h every day and leave your work by 18:00h. Put family first. The work will expand and contract to fit the time available as a natural outcome of intention. Time is elastic after all. Structure your diary to preserve your conscious energy and enable autopilot navigation for leadership effectiveness.

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Tip: Identify one new habit for each month and allow 3 weeks to consolidate.





6 Prioritize rigorously

First things first is easier said than done. Set your priorities oriented by your true north, your purpose, vision and values. This is a dance between the longer- and shorter-term perspectives.

The power of aspirational goals and the engagement in collaborative co-creation help you hold up high standards and relevant boundaries. We live to learn, to love, to leave a legacy.

What does prioritize rigorously mean for executives?

The main thing is to keep the main thing the main thing (Covey).

Prioritizing inside out and outside in is a royal discipline of leadership integrity.

Being the best version of yourself is the best thing you can do for yourself and your surroundings.

Tip: Begin with the end in mind.





7 Empower trustfully

Trust is at the heart of all relationships. How power is exercised is determining the organizational culture. How decisions are taken is an indicator for the level of people engagement.

What does empowering trustfully mean for executives? Mature synergistic leaders respect contributions of others, are open to explore and experiment with new ideas, are sensitive to how actions may affect overall outcomes. Trust creates speed and enables more robust and resilient relationships. This starts with the trust in yourself. Competence is about achieving results; character is about how you achieve them.

Empowerment is a key indicator for enterprise evolution and leadership maturity.

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Tip: Trust is non-negotiable – get it right first time – it is hard to gain and sustain - yet quickly lost.





8 Create courageously

The promising way to solve the most complex challenges of our time is through synergistic co-creation - through exploration and integration of radically diverse perspectives. This form of collaboration can be highly rewarding – however – it requires courage and an advanced level of courageous intelligence.

What does creating courageously mean for executives?

The ability to see the possibilities in oneself and others - leveraging the power of working and thinking together at all levels - in all we do - to validate and innovate purposefully and teaming up with a shared eco-centric mindset in pursuit of greatness.

Shifting from market-share to mind-share mentality births collaborative leadership intelligence,

Being the best version of yourself is the best thing you can do for yourself and your surroundings.

Tip: Invite everyone's unique intelligence to the table and connect with curiosity and humility





9 Play confidently

Cultivating fearlessness and compassion is a virtue of mature leaders. Discipline and generosity help to dissipate anger and aggression. Generosity is an activity, that loosens us up – we are training in letting go. Fears begin to dissolve. We open up and let ourselves be touched. We build confidence in all-pervasive richness. We play with flexibility, warmth and joy.

What does playfulness mean for executives? Focus on what is truly important and do not cling to what is holding you back from playing with full wisdom and power.

Playfulness and humor are transpersonal qualities of leadership transcendancy.

Being the best version of yourself is the best thing you can do for yourself and your surroundings.

Tip: Focus on your breath to play with the richness of the moment and your abundant resourcefulness





10 Let go gracefully

What you do for yourself, you are doing for others – what you do for others, you do for yourself. What is inside and outside becomes all one over time. We let go of self-deception and misleading perceptions.

What does letting go mean for executives? Don't expect applause. Just expect the unexpected – stay curious and inquisitive. Like this, you can let go of expectations and biases. Fearlessness and humility are key components of leadership greatness.

Being the best version of yourself is the best thing you can do for yourself and your surroundings.

Tip: Embrace uncertainty and stretch your heart to dissolve what no longer serves you

