

Full Body Leadership Model



CONNECTED EC
THRIVING LEADERS. CONNECTED TEAMS. POSITIVE CULTURES.

1 VISIONARY LEADER Inspires

Visionary leaders inspire people to do great work and communicate their vision so that others want to follow.

ENERGY

Courage

Leading with courage requires a clear sense of purpose that is authentic to your own values, a capacity to communicate your vision and perseverance.

AWARENESS

Global

Expand your awareness to the organization as a whole as well as to the larger business context. Sense what is going on with interconnected groups of people—customers, competitors, internal teams.

2 EMPATHETIC LEADER Connects

Empathetic leaders are able to connect quickly because they are listening to others with curiosity and openness.

Empathy

Empathy functions like electricity that connects people. Expanding your capacity to be open, warm and present will help you connect better and create authentic bonds of trust.

Other

Easily shift awareness from self to other. Your employees, colleagues and customers will feel that you care which generates loyalty, enhances collaboration and improves performance.

3 VITAL LEADER Thrives

Vital leaders burn bright rather than burning out by being mentally, emotionally and physically agile and resilient.

Stamina

Accomplish more with the demands of work and life without burning out. Consistently meeting the challenges of a leadership role requires stamina: physical, mental and emotional.

Self

Become more responsive and less reactive. Reduce stress. We all have patterns of thinking, behaving and relating that get in the way of our ability to achieve our goals. Bring conscious awareness to your emotions and thoughts.