

The background of the slide is a photograph of a calm lake at dusk or dawn. The sky is a mix of deep blue and soft orange, with a few wispy clouds. The water is still, reflecting the colors of the sky and the dark silhouettes of the trees on the far shore. In the foreground, there are some dark, jagged rocks protruding from the water. The overall mood is peaceful and contemplative.

The Wisdom of Accepting and Changing

How Do We Know The Difference?

Today

- Building self inquiry skills to assess clear thinking and decision making
- Exploring how it feels to change gears when we need to
- Strengthening leadership by integrating survival brain, thinking brain and heart centered responses





Reverse Breathing



- Sit comfortably, noticing your body and your breathing, place both hands over your belly
- Inhale slowly, allowing your abdomen to fall as you take air in (opposite to normal)
- Hold briefly then exhale slowly, allowing the abdomen to push out (opposite to normal)

Continue this reverse breathing pattern for a few minutes each day to reduce stress, strengthen lung function and boost immune system

Beginners Mind

“In the beginner’s mind there are many possibilities, but in the expert’s there are few.”

“We think that the point is to pass the test or to overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart.”



Pema Chodron

Who Is Your Hero?

- Who inspires you and how are you inspired specifically?
What do they teach you?
- How does this inspiration inform how you lead, manage, supervise and teach others?



Harmony, Disharmony, Repair

Supervising others is a relationship like any other with these stages and tendencies

- *Being right **vs** being curious*
- *Trying to control **vs** allowing uncertainty*
- *Retaliation **vs** accepting with grace*
- *Withdrawal **vs** connection*

Changing Gears

- Think of a time when you apologized to someone. How did you feel giving it? What happened next?
- Think of a time when someone apologized to you? How did you feel receiving it? What happened next?



Heart Coherence

- **Heart Focus:** Focus attention on your heart, in the center of your chest
- **Heart Breathing:** Imagine your breath flowing in and out through your heart (“nostrils” in my heart)
- **Heart Feeling:** As you breathe through your heart, recall a positive feeling, a time when you felt good, appreciation for the good things in your life, or the love and care you feel for someone



Authentically Me Wherever I Go

- When do you feel you can be your most authentic self?
- When is it hard to be your most authentic self?
- Is there a mask you sometimes wear? What's it look like?

