



# Polishing The Mirror

## For Wise and Stable Leadership

# Today

- Reflecting on how we lead, what does and what doesn't serve our purpose as leaders
- Rediscovering what compelled us to do the work we do and how we've changed
- Taking the backward step to see a broader impact of our leadership

# Body Percussion – Music Of Our Souls

- Begin with both hands gently, rhythmically slapping your chest
- Inhale through your nose, exhale a low sound through your mouth
- Feel your hands tuning into your heartbeat, the music of your soul



# Retrieve, Review, Retain

- What is one of your **superpowers**? How does this show up at work and your life outside of work?
- What is **one thing you know for sure**? How does this help your work with others?
- Who is **your hero**? How do they **inspire** your confidence? **Apologies?** – given and received

# Joy



- What brings you joy? How does joy feel in your body?
- What overflows from you?
- What do you most love to give to others?

# 氣 Move Your Qi 氣

- Sit or lay down quietly or stand, move around or walk if your body tells you to and breathe deeply into your belly and chest
- Squeeze and massage the tight spot in the web between your thumb and index finger – Large Intestine 4
- Exhale fully, stick your tongue out and blaaaaah the air out!

*Do several rounds till you feel more grounded*

DO  
WHAT  
YOU  
LOVE

LOVE  
WHAT  
YOU  
DO

# Why You Do What You Do?

- What drew you to the work you do?
- When did you know you wanted to do it?  
What was happening in your life?
- How do you feel now, compared to how you felt when you started your work?



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- What's the one thing you want to remember about our time together?
- What's one thing you may do differently now?

