

LEADING SELF !

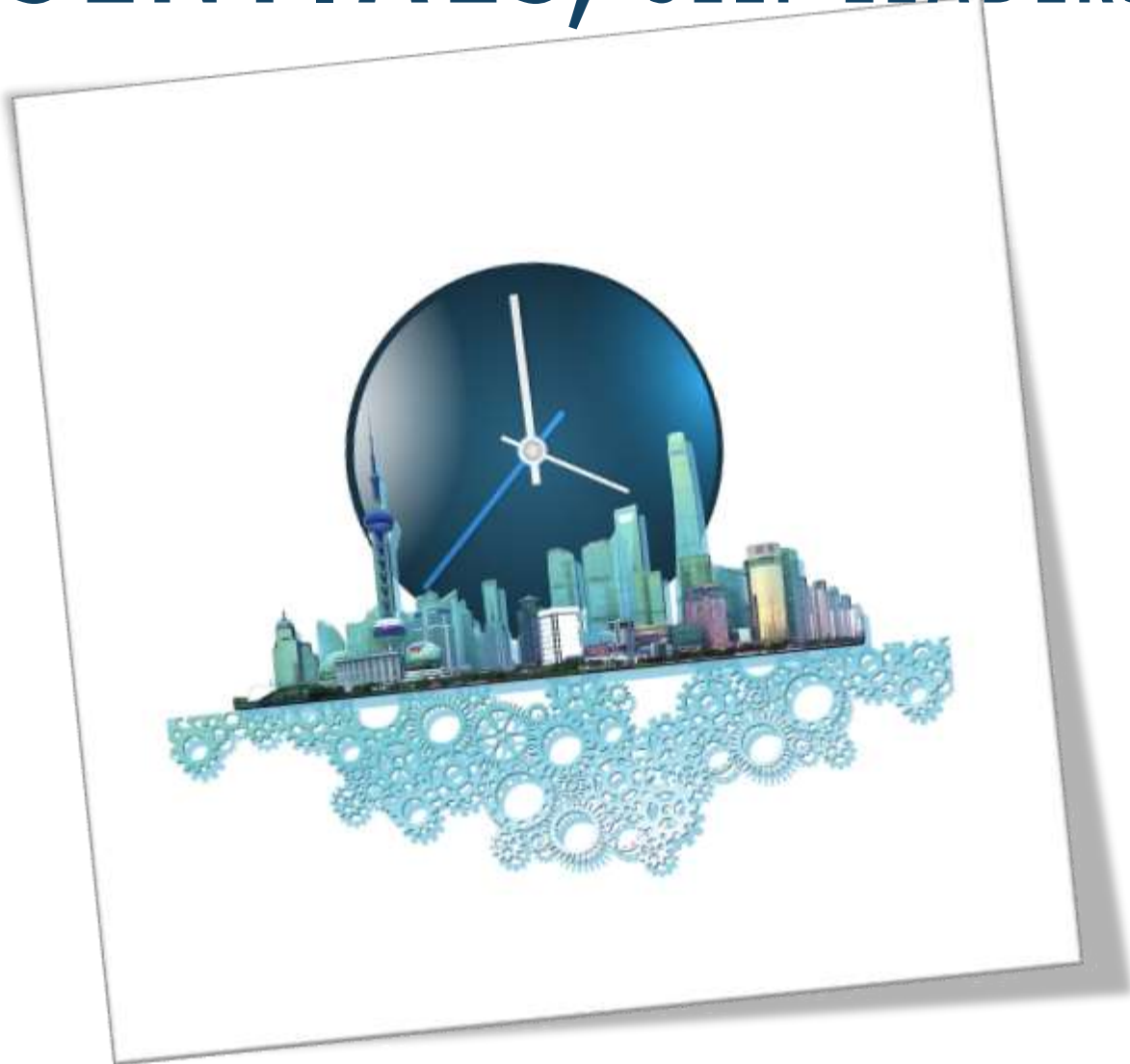
Leadership
Essentials

FACTS & FIGURES, THE ESSENCE

Unbelievable, but TRUE ..

- # Einstein was struggling to learn Mathematics, was considered slow by his school teachers !
- # Benjamin Franklin, was described best as messy & chaotic, his office was always strewn with important documents !
- # Pele, was there at 4 AM each morning, putting insane hours of practice !
- # Ford, was chastised was dreaming on a car when the carriage was a norm !
- # Paypal Founder Musk, was scoffed at; when he took up the impossible as space travel, an electric car Tesla !

ESSENTIALS, SELF LEADERSHIP



Lively, Cheerful Moments
Eventful, Daily Routines
Chaotic & Churning Times
Dismal, Challenging Stretches

Creates ~

Inspiring YOU !



VALUE YOURSELF !

SOUL Food



UNDERSTANDING SELF

Nature
Nurture



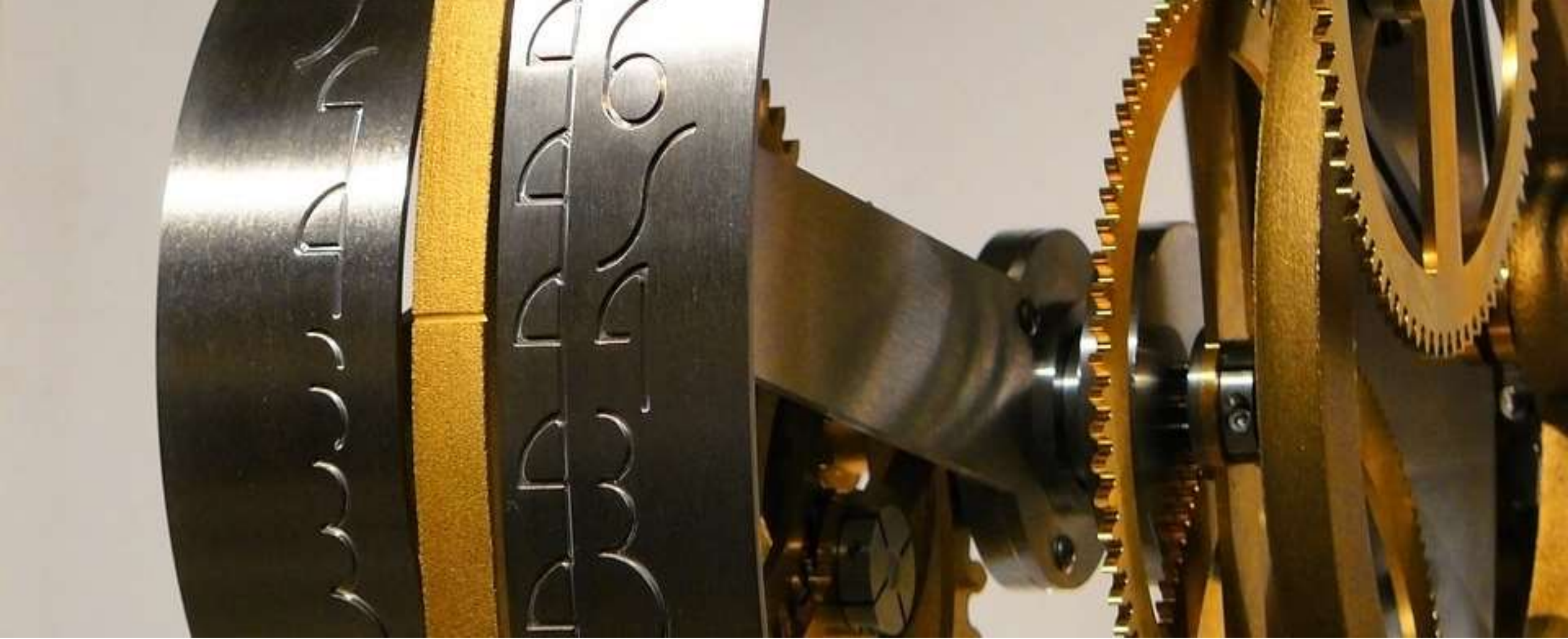
WHO ARE YOU ?

Nature
Nurture



COFFEE TIME

SOUL Food

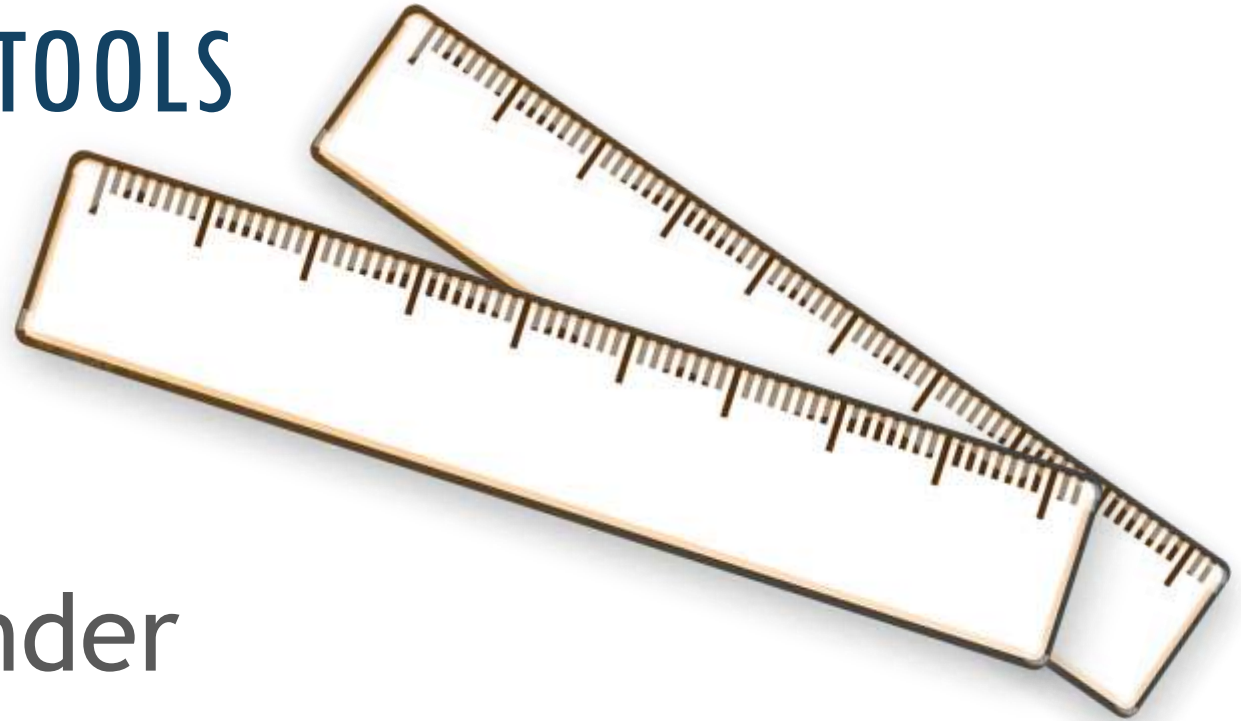


UNDERSTANDING, WITH TOOLS

Nature
Nurture

UNDERSTANDING, TOOLS

- ~ Myers Briggs
- ~ Talent Smart EQ
- ~ Gallups Strengths Finder
- ~ DiSC
- ~ Hogan Leadership Tools





APPRECIATE SELF

SOUL Food



WHAT DO YOU VALUE ?

Nature
Nurture



LUNCH HOUR

SOUL Food



ACKNOWLEDGE SELF

SOUL Food



UNDERSTANDING, HUMAN DNA

Nature
Nurture

UNDERSTANDING, HUMAN DNA



Research on

Genetics

Environmental Factors

Thinking Modes

Behavior Response

Engaged Day Activities

Mind-Body Relation



BODY, MIND, SPIRIT

SOUL Food

UNDERSTANDING, HUMAN PSYCHE



Our Thoughts on
Environmental Cues

Staying Afloat in
**Situational
Awareness**

UNDERSTANDING, HUMAN PSYCHE



Our Behavior to

Respond OR React !

Staying Afloat with

**Clarity &
Informed Choice..**

UNDERSTANDING, HUMAN PSYCHE



Our Response to
STRESS

Staying Afloat with
**Gaining
Perspective !**

UNDERSTANDING, HUMAN PSYCHE



Our Managing of

Daily Activities

Staying Afloat to

**Present-Moment
Aware !**

UNDERSTANDING, HUMAN PSYCHE



Our Intelligence of
Body-Health

Staying Afloat with
Sound MIND in a
Sound BODY ..



LEADING SELF, EXPERIENCES !

SOUL Food



BUILDING AWARENESS

Nature
Nurture

BUILDING AWARENESS, THE MAP

NATURE

<>

NURTURE

Myers-Briggs <

TalentSmart EQ <

Gallup Strengths Finder <

DiSC <

Hogan Leadership Tools <

> Daily Rituals

> Mental Vitality

> Physical Vigor

> Build Habits

> TO DO Lists !



MIND BENDERS

SOUL Food

BUILDING AWARENESS, TIE LOOSE ENDS !



Mind Cultivation for
A Responsive
An Empathetic
A Constructive
Emotional Intelligence

Engrave HABITS !

BUILDING AWARENESS, TIE LOOSE ENDS !



Live

Breathe

Execute

Your Wholesome Values

SELF

Alignment !

BUILDING AWARENESS, TIE LOOSE ENDS !



Design

Structure

Construct

Your GOALS on

Your LIFE PURPOSE on

STRENGTHS !

BUILDING AWARENESS, TIE LOOSE ENDS !



Quiet

Timed-Efforts

Write Self-Notes

Daily Sojourns

Live the minute.. to

Enhanced

AWARENESS !

BUILDING AWARENESS, TIE LOOSE ENDS !



An Original
A Flexible
Completely Personal
Success Blueprint to

EPIC Life !



PERSPECTIVES vs PERCEPTIONS!

Nature
Nurture

PERSPECTIVES, PERCEPTIONS & CHOICES !



Rituals & HABITS

Values & STRENGTHS

Be SELF-AWARE

SUCCESS Blueprint

to a

GRANDIOSE Life



JUBILANT SELF !

Leadership
Essentials