


inclusive leadership presence

The best gift you can give anyone else is to get your own act together.

- Wendy Palmer



When we rise up together

WE SHINE

Government Joy Network

LEADERS | TEAMS | COMMUNITY




Land Acknowledgement


Photo credit: Thomas Arthur



We have before us a glorious opportunity to inject a new dimension of love into the veins of our civilization.

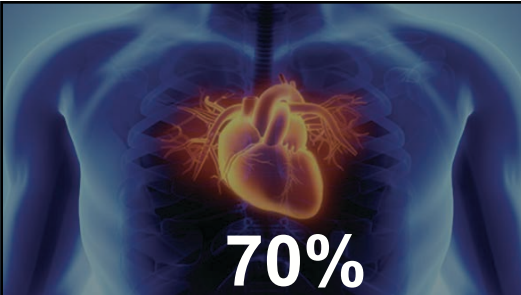


- Billy Frank Jr.



- Dr. Martin Luther King Jr.

70%

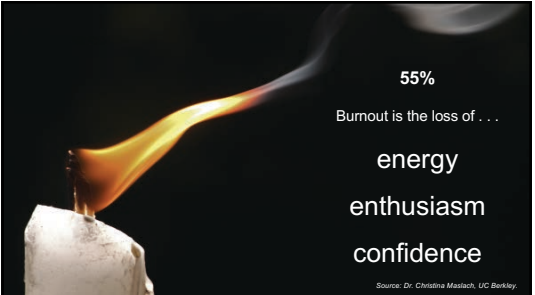


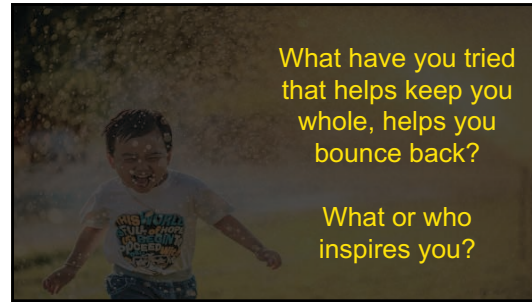
55%

Burnout is the loss of . . .

- energy
- enthusiasm
- confidence

Source: Dr. Christina Maslach, UC Berkeley



Search Inside Yourself Leadership Institute logo and a photo of Wendy Palmer. Wendy Palmer, *Dragons and Power* LEADERSHIP EMBODIMENT

70%

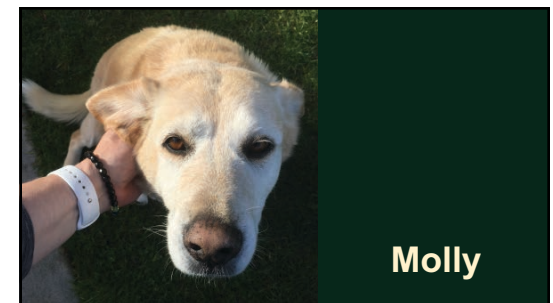
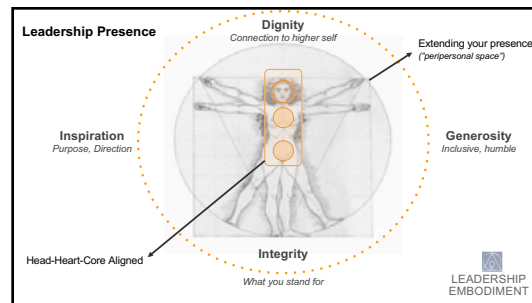
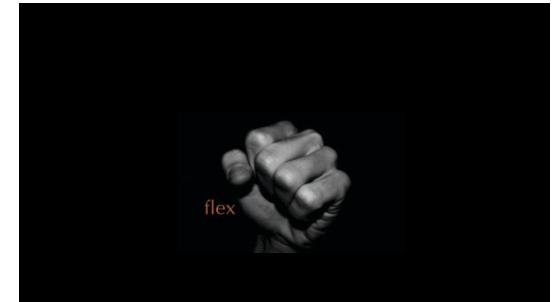
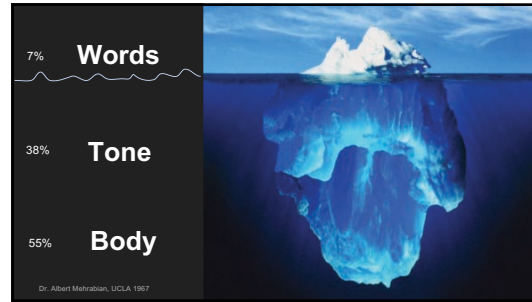
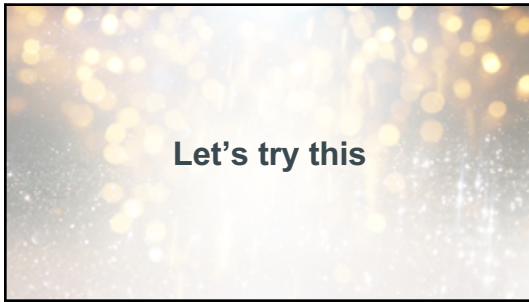
70% - 93% of your leadership presence is emotional and embodied.

Dr. Albert Mehrabian, UCLA 1967

Three Capacities of Resilient Leaders

- 1 **BALANCING** yourself even in the face of opposition
- 2 **INCLUSIVENESS** radiating "we are all in this together"
- 3 **SPEAKING UP** taking a stand with clarity and precision

LEADERSHIP EMBODIMENT



The ten second exercise to recover yourself, amplify your presence and include other people.

1 Uplift 2 Smile 3 Extend 4 Settle

Inhale Exhale Space Quality

LEADERSHIP EMBODIMENT

"Change where you're sitting or standing to change your mind."

- Dr. Brene Brown

Applying what we already know in order to grow

1) What is this like for you?
What resonated with you?

2) What is one situation or context where this might be beneficial?



Leadership ...

Invulnerability

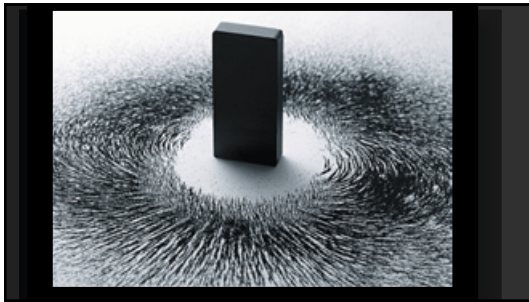
Conflict

Isolation

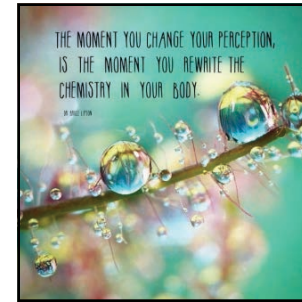
President John F. Kennedy 1961
Photographic credit: George Tames, New York Times

We are all in this together

So what questions are you pondering now?



We are going to emerge from this together.



THE MOMENT YOU CHANGE YOUR PERCEPTION,
IS THE MOMENT YOU REWRITE THE
CHEMISTRY IN YOUR BODY.

BY SHARON

Thank you

The greatest gift you can give another person is to get your own act together.

~Wendy Palmer



www.govjoy.org

Where can I learn more?

Books: Your Body is Your Brain, Emergent Strategy, Daring to Lead, Dragons and Power

Workshops & Coaching: Leadership Embodiment, Power With Not Power Over

Power With Not Power Over **TOMORROW** August 5, 9:30-10:30

Anxiety or Depression: National Alliance for Mental Illness www.nami.org

Medical advice: Mayo Clinic website www.mayoclinic.org

Email or join The Government Joy Network www.govjoy.org larisa@govjoy.org