

REVOLUTIONARY *Leader*

**THE HIDDEN DRIVERS OF HIGH-
IMPACT LEADERSHIP**



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WHAT DOES IT MEAN TO BE BRAVE?



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**WE THINK
BRAVERY IS...**

The absence of fear

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BUT REALLY IT'S...

Feeling the fear and
doing it anyway

The Top Five Regrets of the Dying
Bronnie Ware

THE #1 REGRET OF THE DYING

I wish I'd had the ***courage to live a life true to myself***, not the one others expected of me.

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IF YOU DIED TODAY WHAT WOULD
YOU *regret* NOT HAVING DONE?

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Leadership **BEGINS WHEN YOU
CHOOSE COURAGE OVER COMFORT.**

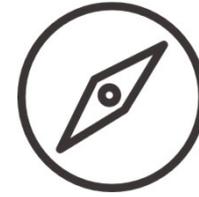
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WE THINK EMOTIONS...

Make us weak & throw
us off balance

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BUT THEY REALLY...

Make us feel alive &
navigate our path

Harvard School of Public Health

PEOPLE WHO SUPPRESS THEIR EMOTIONS

Increase their chance of premature death from all causes by 30%

With their risk of being diagnosed with cancer increasing by 70%

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90% OF TOP PERFORMERS SCORE HIGH IN EMOTIONAL INTELLIGENCE.

- Daniel
Goleman

Emotions help leaders:

-  Make better decisions
-  Influence without force & increase engagement
-  Regulate pressure effectively

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WHAT'S *one feeling* YOU'VE
SUPPRESSED IN THE LAST WEEK?

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**IF THAT FEELING WAS A MESSAGE TO
HELP YOU BE A BETTER LEADER,**

What is it trying to say?

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**LEADERSHIP ELEVATES WHEN YOU
CHOOSE AWARENESS OVER
AVOIDANCE.**

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THE HEAD

Is wired for you to
survive



THE HEART

Is wired for you to
thrive

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"THE INTUITIVE MIND IS A SACRED GIFT AND THE RATIONAL MIND IS A FAITHFUL SERVANT. WE HAVE CREATED A SOCIETY THAT HONORS THE SERVANT AND HAS FORGOTTEN THE GIFT."

Albert Einstein

AUTHENTICITY IS LINKED TO MORE EFFECTIVE LEADERSHIP.

- Walumbwa et al., *Journal of Management*

Authentic leaders:



Strengthen employee performance



Build trust & employee engagement



Positively influence organizational outcomes

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WHERE IN YOUR WORK & LIFE ARE YOU
ABANDONING PARTS OF *yourself*
TO FIT IN?

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**LEADERSHIP DEEPENS WHEN YOU
CHOOSE AUTHENTICITY OVER
APPROVAL.**

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EXTRINSIC MOTIVATION

Seeking Achievement &
Approval

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INTRINSIC MOTIVATION

Seeking Fulfillment &
Satisfaction

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**"FOLLOW YOUR BLISS AND THE UNIVERSE
WILL OPEN DOORS WHERE THERE WERE
ONLY WALLS."**

Joseph Campbell

LEADERSHIP BEHAVIOR DRIVES 70% OF TEAM ENGAGEMENT.

- Gallup
Research

Results of Happiness in the workplace:



13% more productive



21% higher profitability



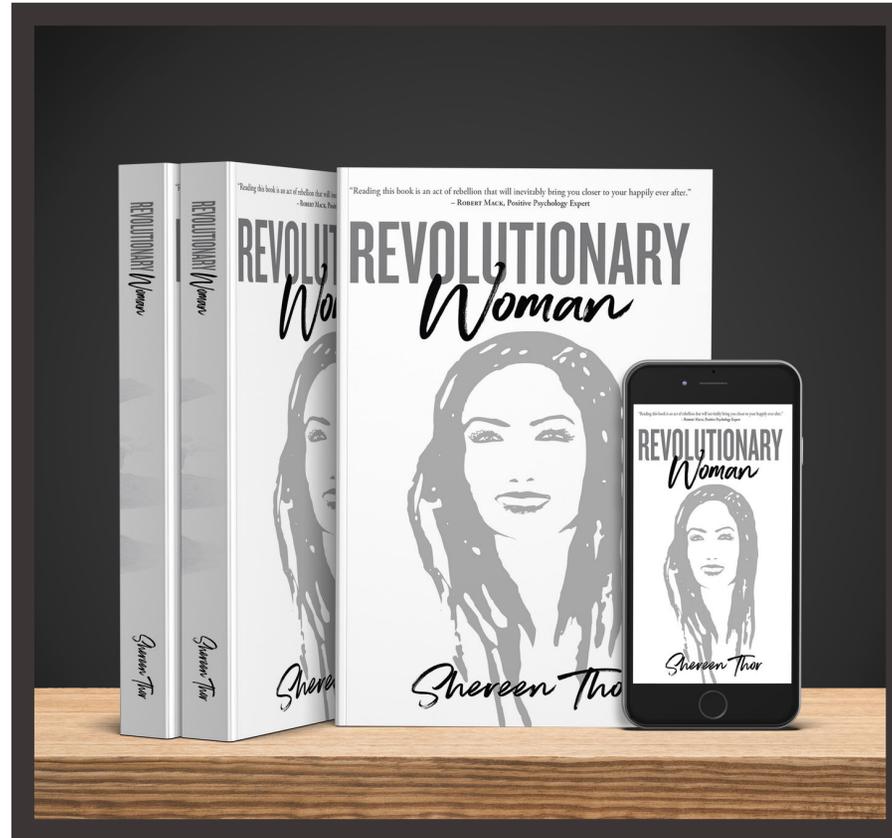
78% Less Absenteeism

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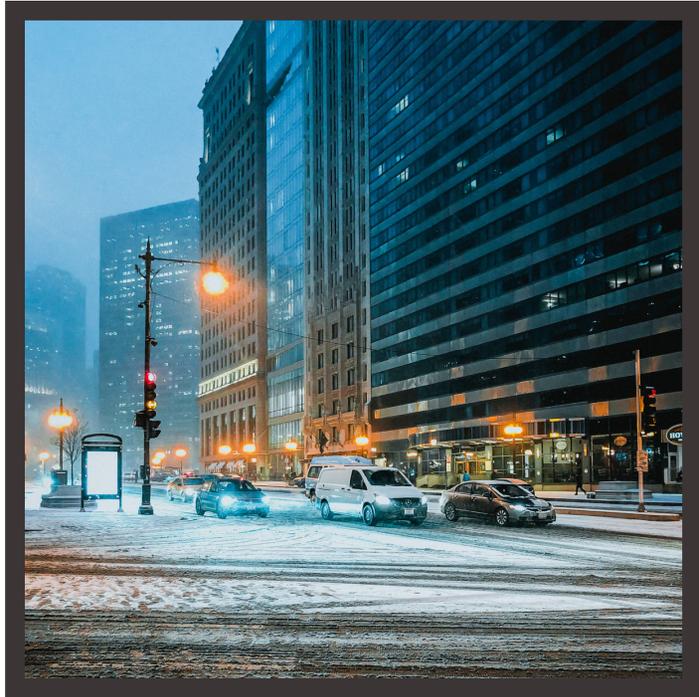
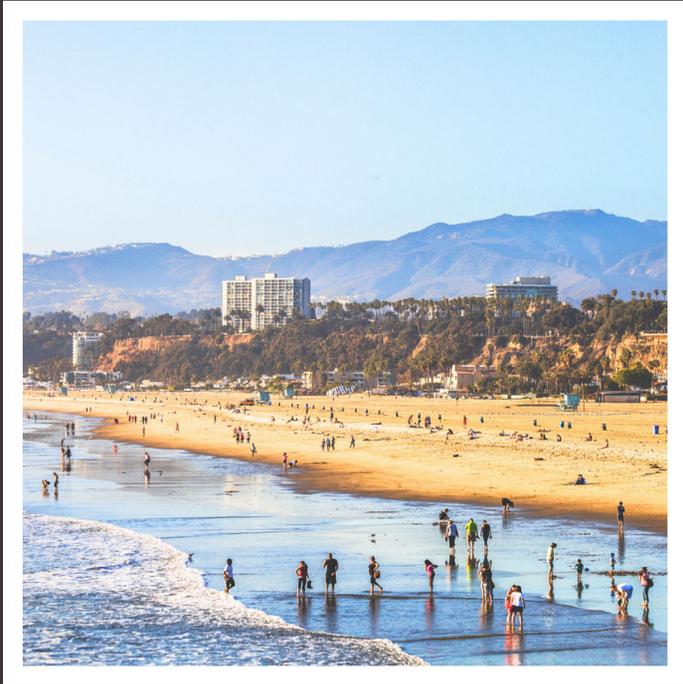
IF YOU DECIDED TO FOLLOW *your bliss,*
WHAT'S THE FIRST THING YOU WOULD DO?

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COMEDIAN + COACH = BESTSELLING AUTHOR



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BetterUp
Inner
Work
Day

Breakthroughs happen when you take a break.



DJ D-Nice
NAACP IMAGE AWARDS
Entertainer Of The Year



Shawn Achor
Author, *The Happiness
Advantage and Big Potential*



Prince Harry, The
Duke of Sussex
CIO, BetterUp and Co-founder,
Archewell



Serena Williams
23-time Grand Slam Champion
and Entrepreneur



Pau Gasol
Former Professional Basketball
Player & six-time NBA All-Star;
Mental Health Advocate



Shereen Thor
Executive Coach, Bestselling
Author & Former Comedian



Rebecca Josephson
VP, People Growth &
Leadership Development,
WarnerMedia

THE INTELLIGENCE OF BEING IRRATIONAL



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**WHAT LIGHTS YOU UP WILL BE
THE KEY TO UNLOCK YOUR
*Leadership Potential.***

**YOU ARE A LEADER IN EVERY ROOM
YOU'RE IN.**

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DAILY HAPPINESS CHECKLIST

- Savoring 🥰
- Gratitude 🙏
- Connection 📞
- Acts of Kindness ❤️
- Exercise and Sleep 🏃💤
- Meditation 🧘
- Utilize Your Strengths 💪



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WCMA

BRAVERY



AUTHENTICITY



LEADERSHIP



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**"A TRUTH CAN WALK NAKED, BUT A LIE
ALWAYS NEEDS TO BE DRESSED."**

Khalil Gibran