



GROWTH STYLE OF LEADERSHIP

SKILL: 'CLEAR BODY'

“Health is a state of complete harmony of the body, mind and spirit.” B.K.S. Iyengar

“Wellness is the realization that everything we do, think, feel and believe has an effect on our state of well-being.” Greg Anderson

DEFINITION:

The physical body is to a leader what an aircraft is to a pilot.

The body is the mechanism through which the leader leads, just like the aircraft is the mechanism through which a pilot flies.

A well-maintained aircraft facilitates the pilot’s job much like a clear body supports the leader into Next Level Leadership.

Malfunctioning anywhere in the system is signaled through the body in the form of physical symptoms, which are messages from the body.

When leaders do not recognize these signals or ignore these messages, they put at risk the health of their body and the quality of their leadership, just like a pilot who ignores malfunctioning signals from the aircraft.

An aircraft performs many functions which are interwoven and dependent on one another for proper operation, and so does the body. The mental, emotional and unconscious are deeply intertwined, and affected by sleep, hormones, physical activities, and nutrition, be it in the form of food, water, and drinks or thoughts, images and ideas.

Next Level Leaders seek wellness in their body, and utilize science, symbolism, analogy, and metaphors to decipher the wisdom hidden in the messages provided by the body. As a result, they learn the ‘language’ of the body and utilize it as a source of enhanced awareness, intuition, wisdom, clarity, decision-making, and leadership.

BENEFITS:

1. Provides opportunity for greater insight, intuition and inner knowing.
2. Allows space for greater creativity and intellectual capacity.
3. Offers a source of knowledge customized to the individual and the situation at hand.
4. Supports alignment of Horizontal and Vertical Leadership .
5. Promotes physical health, wellness and fitness.
6. Promotes harmony, inspiration, enthusiasm and motivation.