



WHOLESOME STYLE OF LEADERSHIP

1. Come present to your breath, to this moment, to this now.
 2. Attune to a Presence within beyond your body, emotions and thoughts.
 3. Breath into the loving neutrality of this inner Presence.
 4. Open yourself to receive of the blessings that are available for you at this time.
 5. Ask for assistance to live Wholesome Leadership with grace and ease.
 6. Describe a situation when you sense you experience(d) Wholesome Leadership.
 7. Describe what you notice(d): physically, emotionally, mentally and spiritually.
 8. Describe an intention to support you in living Wholesome Leadership more fully.
 9. Make a note in your journal of your intention for Wholesome Leadership (write your intention in the Intentional Leadership Tracking Form attached to the Handout entitled 'Intentional Leadership').
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“Not all of us can do great things, but we can all do small things with great love.”

Mother Teresa

“In a gentle way, you can shake the world.”

Mahatma Gandhi

“We do not inherit Earth from our ancestors. We borrow it from our children.”

Chief Seattle