

1340



# 5x5 Leadership Tune-Up

Center For Creative & Conscious Leadership

# LEADERSHIP NOTE

FROM



Michele

*CEOs are recognizing that the barriers to boldness and speed are less about technical limits and more about such things as mindsets toward what is possible...Leadership for a New Era. McKinsey Quarterly.*

*Organizations that practice conscious leadership perform 10x better. Harvard Business Review*

Life is short and rarely unfolds the way we want it to. Sometimes it is messy and imperfect and other times grand and full of magic. Life is always teaching and in a society that is full of critics, where we can often hustle for acceptance and belonging, yet desire to live our authentic truth but may fear consequences, we face a crossroads of independent thinking and **awakening into our true self**.

Following what has heart and fire, living into personal purpose, choosing a warrior spirit despite setbacks, advocating there is enough sunshine for everyone, and extending empathy with the pursuit of self-actualization have been core pillars on the journey for me.

The endeavor of **being extraordinary** has never come from playing it safe, but from the meaningful moments that test limits; where setbacks challenge the depth of resilience and our willingness to lead with courage while braving the unknown. The journey and the pursuit, all navigated with the hope and faith towards **awakened leadership** that elevates our most profound metamorphosis yet, while positively impacting others on the mission.

Building emotional and spiritual capital and **transforming consciousness** matters now more than ever at this time of significant challenge on the planet. I am passionate about fueling the greatest possibility to authentic leadership and soul's purpose in a highly transactional and distracted world, inspiring the ability to lead from the inside out, breaking free of self-imposed limitations, and leveraging the power of curiosity and the creative brain for deeper connections and breakthrough thinking.

1340 is working to create **positive impact at scale** with visionary educators, entrepreneurs, and leaders that seek to build high-functioning talent and leadership capability while investing in cultivating conscious cultures and leaders. Distinct from other conventional leadership approaches, we work at the intersection of business, behavioral science, spiritual psychology, creative leadership, and holistic well-being to elevate high-impact leaders.

**The Conscious Leadership Experience** is the journey *beyond limits* and starts first by **leading well from within**.

# CREATIVE & CONSCIOUS LEADERSHIP

LEAD FROM THE INSIDE OUT.

## MISSION:



1340 is focused on education and advocacy of transforming consciousness.

## The world is calling for more awakened leaders.

Leaders with high functioning capability applied to purpose, positive impact, & contribution.

1340 provides **multifaceted leadership tune-ups** and coaches high-impact leaders to:

- Increase inner-first leadership and lead from the inside out
- Break free of self-imposed limitations and barriers
- Find the greatest possibility in authentic leadership, purpose, and impact
- Explore the creative brain for breakthrough thinking and innovative solutions
- Leverage the power of curiosity for inclusive and conscious change



## 5 Laws Of Creative & Conscious Leadership:

- Law of Connection
- Law of Growth
- Law of Purpose
- Law of Creation
- Law of Change

## What Is Creative & Conscious Leadership?



One's ability to **scale up** their **emotional capacity and intelligence** to lead with increased levels of conscious awareness.



Access to a higher dimension of **advanced capabilities beyond the ego** to close the **mindset gap** that aligns with one's true self.



Explore the process of how **creative thinking** can change the relationship with ourselves and how we lead in business.



Creative and conscious leadership uncovers a **deeper sense of true self, purpose, and meaningful contribution.**



There is nothing more important to true growth than realizing that you are not the voice of the mind, you are the one who hears it.

Michael Singer

## 5x5 Leadership Tune-Up

Tune-up in the **five laws of creative and conscious leadership** and elevate your life and work.

### OVERVIEW

The **5x5 leadership tune-up** offers multiple strategies and approaches to **strengthen relationships, build self-awareness** and explore core concepts of creative and conscious leadership to **elevate new mindsets.**

Each practice area is highly experiential and offers a series of sequential processes architected to empower participants to **move beyond fears** and connect to the **authentic leader within.**

### BENEFITS

- **New Tools & Techniques** - Leaders gain new methods to help navigate leadership challenges, next level plays, and shift their mindset with self-leadership approaches.
- **Exploratory Dialogue** - Through a safe and open space leaders can explore new perspectives and possibilities that can offer internal freedom, clarity, and how to handle leadership challenges.
- **Strategic Self Check-In** - We never arrive on the journey and investing in growth and personal purpose as a strategic tune-up is a top priority for micro shifts, fulfillment, and contribution.
- **Increase Leadership Capacity** - When we build an expansive way of knowing ourselves and others, we improve our ability to be present and lead complexity.
- **Catalyze Growth** - Whether with business teams or the community, cultivating conscious leadership promotes engagement and high performance.

## Delivery Options:

- 1-Day Workshop
- Individual Mix & Match Micro Modules
- Custom Design

## THE ULTIMATE LEADERSHIP TUNE-UP



# 5X5 LEADERSHIP TUNE-UP

5 Laws Of Creative & Conscious Leadership X 5 Mindset Shifts

**Business Transformation Can't Exist Without Individual Transformation.**



LAW OF CONNECTION

## Scale Up Emotional & Spiritual Capital

Inward Examination, Who Am I As A Leader, Radical Self-Awareness, Inner-First Wellness



LAW OF CREATION

## Awaken Your Creative Brain

Design The Future, Creative Brain, Visual & Design Thinking, Experimentation, Innovative Solutions



LAW OF GROWTH

## Release Your Inner Shadows

Ego's Story, Baggage, Fears, Projections, Stuff That Is Getting In Your Way



LAW OF CHANGE

## Lead High Quotient Change

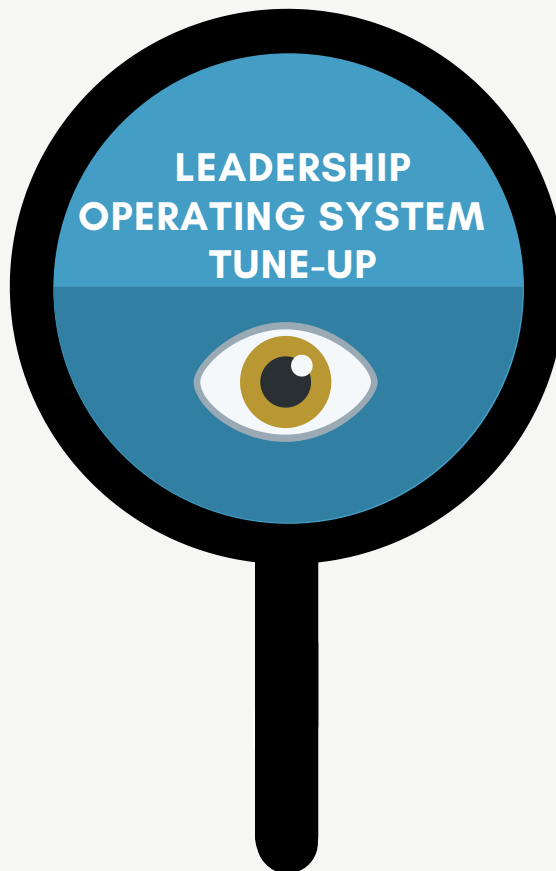
Lead With Inquiry Versus Armor, Curiosity, Inclusion, Conscious Action, Capacity To Change



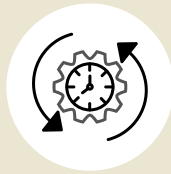
LAW OF PURPOSE

## Align With Authentic Purpose

Personal Transformation, Conscious Choice, Impact Vision, Intentionality, Contribution







## LAW OF CONNECTION

# SCALE UP EMOTIONAL CAPITAL

**ATTRIBUTE:** Scale Up Emotional Capital

**TUNE-UP:** Awareness of true self and lead from the inside out.

**DESCRIPTION:** Higher state of mindfulness and conscious awareness that allows leading with increased emotional capacity.

**PRINCIPLES:** Leading With Authenticity, Above The Line Leadership

**KEY WORDS:** Conscious presence, emotional & spiritual intelligence, radical self-awareness, introspective

**OUTCOME:** Gain inner freedom & improved connection with self and others.

The **law of connection** is focused on being present with the connection to self and others. The ability to connect and show up for ourselves *first* includes an inner examination with gaining radical self-awareness, perception checking, knowing emotional triggers, and understanding our thoughts, feelings, and patterns of behavior. Knowing who we are and how we think/feel is foundational to our success.

We often reside in a battle with heavy inner mind chatter that wants to rule our life. These thoughts and mental gymnastics are often the ego's version of protection, control, and judgment. On the path to self actualization learning to quiet the inner roommate while accessing a new mindset of tools and resources of a higher integral dimension can free us from spiraling loops that often are not based in complete reality. The tensions of our inner journey teach us what we need to learn and our devotion to being a student of ourselves allows us to lead and connect in more profound ways.

The demands of the external world and delivering results, can often disconnect us and distract us from our inner self. Unconscious biases and beliefs that form may become barriers with exploring our assumptions and capacity to lead through multifaceted change. When we invest in an inner first tune-up, we *scale up* our emotional capital, address root issues getting in our way, understand who we are as an evolving leader, and gain clarity about an authentic path forward that serves for our highest contribution.

# SCALE UP EMOTIONAL CAPITAL

## THE LAW OF CONNECTION



- Conscious Presence
- Emotional Intelligence
- Spiritual Intelligence
- Above The Line Leadership

*The more you stay open and explore your inner energy, a whole world of discovery opens up to you. Michael Singer*

### RESISTING BEHAVIORS

- Emotionally Checked Out
- Dismissing & Overriding
- Avoid Being Uncomfortable
- Going Through The Motions
- Below The Line Leadership (Reactive)
- Narrow Mindset & Ego Based
- Focus On Scarcity & Lack
- Focus On What You Don't Want
- Resist/Numb Out Emotions

### CONSCIOUS BEHAVIORS

- Seek Growth & Learning
- Question Beliefs
- Comfortable With Discovery
- Lead With Intentionality
- Above The Line Leadership
- Consider Multiple Perspectives
- Create From Passion
- Focus On What You Want
- Allow Emotions To Be Present

### MINDSET PRACTICES

- Define what it means to be in authenticity regardless of outer world circumstances
- Reflect on above the line leadership under stress
- Inner examination - what is working & not working
- Evaluate the relationship with emotions: understanding & expressing

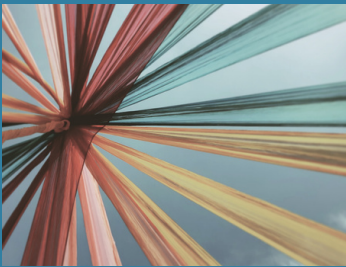
### Scaling Up: From *What You Do* To *Who You Are*

- The ability to reflect, monitor, understand, express, and act upon emotions
- Conscious choice to expand ways of being, becoming, and observing self



### CREATIVE & CONSCIOUS PRINCIPLES

#### PRINCIPLE #1



#### BEING IN AUTHENTICITY

Genuine ability to show up as true self without any masks, own origin story and who you are with confidence including imperfections, live life according to values, vision, and goals versus pleasing external societal pressures, words and actions align, have emotional self-awareness and regulation, and ability to cut through pretense and get to the heart of connection.

#### PRINCIPLE #2



#### ABOVE THE LINE LEADERSHIP

Radical self-awareness with conscious mindset, ability to rise above the noise to stay at personal best while under stress, can access emotional and spiritual intelligence beyond the ego's narrative, leads with creative thinking and empathy, takes responsibility when below the line and understands how to reset to move into a conscious state of being.

### KEY DISCUSSION POINTS

- Who am I as a conscious leader?
- What is the relationship you have with your thoughts and emotions? Is it healthy? How does it impact your leadership approach and style?
- How do you know if you are leading from above the line and what triggers put you below the line?
- How quickly can you recover from being triggered and being reactive?
- What does being in authenticity mean for you?
- What is the main theme of your inner voice and do you listen to it?



## LAW OF GROWTH

# RELEASE YOUR INNER SHADOWS

**ATTRIBUTE:** Release Your Inner Shadows

**TUNE UP:** Process unresolved issues getting in your way.

**DESCRIPTION:** Let go of tethers where your shadows and inner ego are getting in your way.

**PRINCIPLES:** Completing Unfinished Business, Applied Empathy

**KEY WORDS:** Ego patterns/false narratives, releasing judgments & fear, shedding old identities, projections, wounds.

**OUTCOME:** Reduce emotional suffering and live into true/authentic self.

The **law of growth** gives permission to visit the expansive state we desire to be, how we can sometimes fall short, the ability to release ego's story and grip, and observe the behavioral traps we can fall into under stress. Gaining conscious awareness of how inner disturbances can project outward represents how the outer world *is* the inner world. Leaders can explore with new visibility what may be getting in their way.

Often in our leadership challenges we are humbled and realize we can't power through using former mental models to get us to where we want to go. When we get stuck or revisit a recurring pattern, a conscious shift can happen when we choose to open up to new *ways of being* and *knowing* that take us on a self-actualized journey exploring congruence with one's true self.

Leaders have the opportunity to distinguish between ego and authentic self, going beyond fears and limiting beliefs that have formed, evaluate the masks they wear, determine what holds them back from being truly seen, understand how attachment patterns can keep them locked into loops they want to break free of, and form new ways to reframe how to see the authentic leader within, and live into a higher aspect of who they truly are.

# RELEASE YOUR INNER SHADOWS

## THE LAW OF GROWTH



- Unconscious Commitments
- Ego Patterns/False Narratives
- Releasing Judgments & Fear
- Shedding Old Identities

*The truth is that most of life will unfold in accordance with the forces far outside your control, regardless of what your mind says about it. Michael Singer*

### RESISTING BEHAVIORS

- Judgment
- Ego, Control
- Intellectualizing
- Comparison
- Competition
- Seek Approval
- Withdrawing
- Dismissing
- Victim

### CONSCIOUS BEHAVIORS

- Acceptance
- Authentic/True Self
- Forgiveness
- Compassion
- Surrender
- Wisdom
- Being Present
- Integrity
- Self-Love

### MINDSET PRACTICES

- Aware of how inner disturbances can project outward
- Ability to release the grip on ego's story
- Ability to shift from what I do to who I am, from doing to being
- Distinguish between ego and authentic self
- Understand what attachment patterns keep you from authentic self/purpose

### Expanding Reality: From Ego's Story To True Self

- Release layers of conditions and attachments we have created
- We are not all of our thoughts and emotions



### CREATIVE & CONSCIOUS PRINCIPLES

#### PRINCIPLE #3



#### COMPLETING UNFINISHED BUSINESS

When our shadows, unresolved issues, and unprocessed emotions get in the way of being effective and hold us back. Courage to *look again* and not rearrange the external world for answers, but know the answers reside from within. Conscious awareness of patterns, conflicts, limiting beliefs, wounds, and behaviors that can keep us trapped in a cycle of suffering and conditioned limitation that creates separation from true self.

#### PRINCIPLE #4



#### APPLIED EMPATHY

Recognize how judgments of self, with others, and false narratives can take a toll on well-being and relationships. Through self-forgiveness and self-compassion, a universal application of letting things go, we gain inner freedom and liberation. When we realize we are not our thoughts or emotions, we can elevate to a conscious level of applied empathy, where the ego's grip to being right, positionality, and duality can be quieted.

### KEY DISCUSSION POINTS

- What is your ego's false story?
- How does the ego's story get in your way?
- What unfinished business may be holding you back?
- What conscious or unconscious patterns keep emerging?
- Where do you have forgiveness work with self and others?
- What unhealed areas prevent you from realizing your potential and dreams?
- How can you shift from cognitive reason to empathy?



## LAW OF PURPOSE

# ALIGN WITH AUTHENTIC PURPOSE

**ATTRIBUTE:** Align With Authentic Purpose

**TUNE UP:** Find the greatest possibility in authentic leadership.

**DESCRIPTION:** An elevated and connected place of purpose and impact.

**PRINCIPLES:** Power Of The Heart, Recognize Unconscious Commitments

**KEY WORDS:** Bold vision, mission-driven, heart and fire, intentionality, congruence, talent, gifts, calling.

**OUTCOME:** Believe in self, honor truth, and fulfill meaningful contribution.

The **law of purpose** allows the opportunity to gain clarity with what has heart and fire. Falling into ruts is easy and course correcting requires intentionality. Purpose combined with talents and gifts becomes the intersectionality of serving the world. A shift in consciousness occurs when we align our highest vision as a force of transformation.

The opportunity to explore and invest in personal purpose is an annual tune-up tied to contribution, legacy, and calls forth a metamorphosis which is the fountainhead of creativity and possibility. Living into our desired state of what we are called to be doing in the world can shift and evolve over time. Aligning the path to personal purpose can manifest in non-linear ways bringing insight and wisdom towards a search for truth and meaning.

Leaders have the opportunity to explore their authentic self, align values and practices of who they are, identify a deeper purpose in self, work, life, and any barriers or limiting beliefs in the way. We can then set a call to action with an experimental project/living vision that manifests conscious and mission-based work in the world.

# ALIGN WITH AUTHENTIC PURPOSE

## THE LAW OF PURPOSE



- Bold Vision & Mission-Driven
- Heart & Fire
- Intentionality, Congruence
- Lead With Talent & Gifts

*In order to be who you are, you must be willing to let go of who you think you are. Michael Singer*

### RESISTING BEHAVIORS

- Ego's Story/Attachments
- What I "Should" Be Doing
- Feel Powerless
- Stuck In Reaction
- Negative Thought Patterns
- Living Old Patterns/Stories
- Temporary Fixes
- Limiting Beliefs
- Fear
- Who I Think I Am

### CONSCIOUS BEHAVIORS

- Authentic Narrative
- Create From Gifts/Calling
- Own Power & Purpose
- Facilitate Action
- Take Responsibility
- Release & Shed Old Patterns
- Sustainable Steps Forward
- Positive Affirmation
- Live In Abundance
- Who I Really Am

### MINDSET PRACTICES

- Identify what the success story looks like
- Reflect if unique talent is aligned to purpose
- Explore attachments and barriers that keep you from meaningful work
- Consider what level of consciousness or experience will lead to purpose alignment
- Reflect on personal purpose and company X mission and creating alignment

### Breaking Free: Living Into Your Purpose

- Surrender to old attachments that keep you from moving forward
- The interplay between purpose and passion can ignite change



### CREATIVE & CONSCIOUS PRINCIPLES

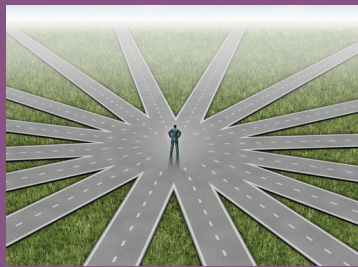
#### PRINCIPLE #5



#### POWER OF THE HEART

When purpose meets passion in life it can ignite a firestorm. Being in touch with the chambers of our heart awakens us into infinite possibilities as we align our gifts with what has meaning and fire. The sacred power of knowing what we are called forth into doing requires truth telling, accessing intuition, and vision to cultivate purpose and life dreams. Feeding the higher version of self creates a magnetic force bringing our voice and power into the world.

#### PRINCIPLE #6



#### RECOGNIZE UNCONSCIOUS COMMITMENTS

Our attachments and addictions to false identities and ways of being can prevent us from realizing our goals. Hidden unconscious commitments stand in the way of conscious commitments and act as competing priorities that impact relationships, decisions, and can conflict with intended outcomes and dreams. Being unconsciously committed to feeling comfortable is to avoid being uncomfortable, where choices are followed by consequences.

### KEY DISCUSSION POINTS

- What is your authentic purpose and what are you called to do in the world?
- How can you live into your true self and actualize your personal purpose/calling in the world?
- How does the ego's story hold you back from fulfilling your mission?
- How does your authentic self help you overcome difficult emotions and challenges?
- What attachments keep you from pursuing meaningful work?
- Where do you have inner conflict or commitments that keep you from acting?





## LAW OF CREATION

# AWAKEN YOUR CREATIVE BRAIN

**ATTRIBUTE:** Awaken Your Creative Brain

**TUNE UP:** Explore the creative brain for breakthrough thinking.

**DESCRIPTION:** A place of possibility while activating the creative brain to envision transformative change and new solutions.

**PRINCIPLES:** Unleash Your Creative Scientist, Loyalty To Your True Self

**KEY WORDS:** Design the future, creative brain, experimentation, imagination, re-engineer, transformation, creative problem-solving.

**OUTCOME:** Strengthen left & right hemispheres and conscious & subconscious thinking

The **law of creation** is the ultimate force of imagination, vision, and innovation to contribute with leading unprecedented change and transformation. Expanding the creative processing range and creative thinking approaches supports leader capability with solving complex problems, being inclusive of diverse perspectives, and pushing the boundary with new approaches.

The power of applied imagination transcends conventional patterns of thinking and manifests in divergent ways to proactively design improved outcomes. Exploring new methods to activate the creative brain and visually stimulate how work gets done can offer leaders increased capacity with envisioning solutions and re-engineering the future.

Leaders have the opportunity to consider their own life as a creative process and how choices, relationships, challenges, institutions, beliefs, traditions, and everyday experiences have shaped the self-creation process. Posing the question, how might a creative mindset help transform ourselves and the challenges the world faces, is an area of personal growth that combines a shift to higher levels of consciousness.

# AWAKEN YOUR CREATIVE BRAIN

## THE LAW OF CREATION



- Design The Future
- Creative Brain
- Experimentation & Imagination
- Re-Engineer & Transform

*Come to know the one who watches the voice and you will come to know one of the greatest mysteries of creation. Michael Singer*

### RESISTING BEHAVIORS

- Comfort In Linear Thinking Only
- Use Logic As The Only Mode
- What Isn't Concrete Is Not Value Add
- Afraid To Deviate Or Lose Control
- Fail To Step Back & Evaluate
- Leave Innovation To Others
- Lack Intentionality
- Stuck In Old Mindsets
- Don't Test Limits
- Fear Of Failure

### CONSCIOUS BEHAVIORS

- Leverage Multifaceted Thinking
- Strategically Apply Imagination
- Comfortable With Non-Linear Paths
- Messy Is Part Of Innovation
- Okay Without All The Answers
- Choose Proactive Discovery
- Test New Methods & Mindsets
- Seek Out Alternative Thinking
- Apply Ownership & Authorship
- Learn From Mistakes & Failing Forward

### MINDSET PRACTICES

- Expand creative processing range and creative thinking approaches
- Explore how you reside in duality and paradox in everyday life
- Consider the last time you experimented, took a risk, failed forward
- Consider how your own life has unfolded as a creative process
- Reflect how controlled outcomes prevent divergent approaches

### Dreaming Big: Contributing With Impact

- Personal transformation is creativity in action
- Business growth is a creative adventure



## CREATIVE & CONSCIOUS PRINCIPLES

### PRINCIPLE #7



#### UNLEASH YOUR CREATIVE SCIENTIST

The ability to access our inner creative agency provokes imagination and possibility. Life as a creative journey, personally defined, is a kaleidoscope of creative solutions, divergent paths, and unique ideas. Accessing the creative brain is one of the most competitive capabilities in today's disrupted world with an ability to cultivate unconventional methods, pattern interrupt, empathetic expansion, and innovative outcomes.

### PRINCIPLE #8



#### LOYALTY TO YOUR TRUE SELF

Awakening into who we are on a conscious level provokes a choice of honoring our higher self or abandoning who we were meant to be. Walking a familiar path and identity can keep us anchored in a comfort zone, where some roots and chains hold us back. Shedding what no longer serves us requires brave and conscious evolution. Loyalty to your true self is a sense of magic and transformation always waiting to be claimed.

## KEY DISCUSSION POINTS

- If you released control of the outcome, what would happen for you?
- What limitations and limiting beliefs get in the way of imagining a change of the unknown?
- What is an experiment of creative discovery for you to try?
- How do you permission slip for failure?
- If you face daily paradox, how do you use creative thinking to navigate?
- Where you do abandon yourself with honoring aspects of the creative journey?





## LAW OF CHANGE

# LEAD HIGH QUOTIENT CHANGE

**ATTRIBUTE:** Lead High Quotient Change

**TUNE UP:** Leverage the power of curiosity for inclusive and conscious change.

**DESCRIPTION:** An expansive state where discovery and curiosity lead to conscious actions and cultures.

**PRINCIPLES:** Transcending Limiting Interpretations Of Reality, A Selfless Leader

**KEY WORDS:** Conscious cultures, inquiry, diversity of thought, inclusion, capacity to change, wisdom, open to outcome, not attached to outcome

**OUTCOME:** Lead chaos and duality from an inner-first leadership perspective.

The **law of change** is shifting from *knowing* to *discovery* and releasing an expert mindset while assuming an approach of insatiable inquiry. As the world transforms at a high rate of speed, leaders will need to resist the temptation of *know and tell* and shift to *explore and grow*.

The transformation of conscious cultures begins with self. Leading into the future will require a higher capacity of inquiry with who you are, how you think, and to challenge assumptions, beliefs, and bias. Fostering a state of exploration with our own habits and patterns empowers others to do the same. A conscious culture of "we" is igniting the human spirit, unleashing greatness, and building inclusive perspectives. Transcending the ego's mindset of safety, the illusion of control, and patterns of attachment, paves way to discover new ways of being and leading change. When we overcome our fears, insecurities, and doubts, we give permission to lead with greatness and bring our light to the world.

Leading change with emotional capital allows us to show up with depth and capacity for others in selfless ways that support advocacy and service. The ability to show genuine curiosity in others, lead with a dose of "*what if*", and explore diverse approaches never tried before can be the margin of difference with deeper connections, innovation, and cultivating conscious cultures.

# LEAD HIGH QUOTIENT CHANGE

## THE LAW OF CHANGE



- Conscious Cultures
- Lead With Inquiry Versus Armor
- Diversity Of Thought & Inclusion
- Capacity To Change

*Your inner growth is completely dependent upon the realization that the only way to find peace and contentment is to stop thinking about yourself. Michael Singer*

### RESISTING BEHAVIORS

- Take An Ego/Expert Stance
- Lack Curiosity With Self
- Use Only Linear Modes
- Resist Exploring Unconscious Bias
- Seek To Control Outcomes
- Desire Comfort Over Discovery
- Excessive Focus On Self Vs. Others
- Conventional & Narrow Minded
- Remain Stagnant/Safe
- Choose What Is Familiar

### CONSCIOUS BEHAVIORS

- Take A Beginner's Mindset
- Insatiably Curious With Self
- Open To Learn & Inquisitive
- Seek Challenges & Exploration
- Test Assumptions
- Show Up For Self & Others
- Desire For Mental Stimulation
- Tolerance For Ambiguity
- Choose Greatness Over Any Pain
- Value Diverse & Inclusive Thinking

### MINDSET PRACTICES

- Can release an expert view and shift from *know and tell* to *explore and grow*.
- Unprecedented change requires inquiry and curiosity, examine how you lead with curiosity versus being an expert.
- Consider how you lead conscious cultures as a selfless leader.
- Reflect on how you challenge assumptions, beliefs, and bias to build inclusive perspectives

### Tuning In: Inner World Represents Outer World

- Big breakthroughs come from the practice of curiosity
- Selfless acts without hidden agendas fosters change in the world



### CREATIVE & CONSCIOUS PRINCIPLES

### KEY DISCUSSION POINTS

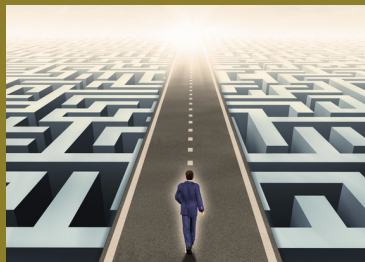
#### PRINCIPLE #9



#### TRANSCENDING LIMITING BELIEFS OF REALITY

A false conclusion or a misidentification with how we see ourselves or the situation can easily surface. Unconscious filters can become a response pattern that alters our reality due to being anchored in a habitual mindset and internalized matrix that limits our perception of the truth. Radical awareness allows us to transcend conditioned behaviors and move into cultivating change from the inside out to achieve a new reality and outcome.

#### PRINCIPLE #10



#### A SELFLESS LEADER

As we awaken into the heartstrings that pull us forward into our life's work, and the ego's narrative has been tamed by the authentic truth, a new level of consciousness becomes illuminated. There is an ability to pursue service over self-interest through the expansion of acceptance, self-love, and honoring one's original medicine. Our inner attunement and truth are revealed with a sense of liberation as we become a changemaker and contributor for the common good from the inside out.

- How do you demonstrate deep curiosity in your life?
- What prevents you from exploring beyond your comfort zone?
- How do you foster diverse and inclusive ways to solve something?
- In what ways do you misidentify yourself or others?
- How do you manage for unconscious filters that may alter your reality?
- How do you show up as a selfless leader and what does that mean to you?
- How does conscious leadership show up in your life and business?



## Dr. Michele Mercer

FOUNDER | CHIEF LEARNING OFFICER 1340

Dr. Michele Mercer is a global expert on visual intelligence and creative leadership with a mission to educate, lead, and cultivate conscious inquiry in leaders, educators, and entrepreneurs to advance new mindsets, human potential, and transformation. She is the **Founder and Chief Learning Officer of 1340**, the **Center for Creative & Conscious Leadership (CCCL)**, and believes as the world, business, and people are changing, leadership requires awakening the creative brain to effectively cultivate high-impact innovative solutions and inspiring conscious leadership to *scale up* mental and emotional capacity to navigate unprecedented change.

The **Women's Leadership Lounge (WLL)**, a 1340 signature program, fosters intimate cohort communities, leadership development, skill building, and coaching for female leaders and entrepreneurs to advance mission-based work while lifting one another up. The lounge series is an investment in women's growth through purposeful and meaningful connections in leadership, business, and personal well-being for new female leaders, mid-level, and senior executives.

By leveraging two decades of original and groundbreaking research on visual and creative leadership, Dr. Mercer developed the empirically-based framework, **The Four Mindsets of Visual Intelligence**, to help foster critical and creative thinking for top-team effectiveness, leadership programs, and strategic visual communications. Prior to founding 1340, she served as the former **Head of Global Learning and Executive Development at Cerner Oracle**, as well as executive roles in global talent and organization development at some of the most iconic brands such as **Nike, Starbucks, Microsoft, Schwab, HPE, and DocuSign**.

Leading global change and transformation across varying cultures has included mergers, acquisitions, going public, organizational processes and programs that scale, multicultural leader and team development, deploying worldwide talent initiatives, designing workforce evolution strategies, revising *learning in the flow of work*, and accelerating a culture of leadership 4.0. Considered a visionary changemaker advancing mission-based work, she works with clients at the intersectionality of business, behavioral science, and creative leadership with innovative ways to shift mindsets, help leaders scale up to lead from the inside out, and navigate the future differently through building conscious cultures.

As an author of several publications including **Visual Quotient**, released in 2020, focuses on fostering visual intelligence to drive innovation. Dr. Mercer also penned **The Four Mindsets of A Visual Ecology In The Workplace: Revisioning Language Through Visual Literacy** and as a chapter contributor for an anthology book, **Drawn Together Through Visual Practice**. Being an active researcher and adjunct professor, she is focused on visual and design thinking acumen to foster innovative cultures, data visualization, visual storytelling, women in leadership, neuroscience of creativity, spiritual psychology, and conscious leadership practices.

Dr. Mercer has a Ph.D. in Organizational and Transformative Studies, an M.S. in Organization Development, an M.A. in Spiritual Counseling Psychology, and is an ICF-certified Integral Life Coach. As an executive career coach, she is certified in multiple psychometric assessments, including the Hogan, EQi-2.0 + 360, The Leadership Circle 360, The Leadership Challenge Leader Practices Inventory (LPI) 360, MBTI, DISC, Strengths Finder, and the Team Performance Model. She is also certified as a Wellness Health Coach through the Institute of Integral Nutrition (IIN).

Recognized as an accomplished athlete, Dr. Mercer holds several awards including NCAA All-American and being inducted into the Athletic Hall Of Fame at her undergraduate alma mater and has competed in some of the most prestigious global expedition adventure races.

Outside of work and research, she enjoys remote and expedition hiking, interior design, healthy cooking, and international adventure travel, and resides in the San Francisco Bay Area.

- Encourage wild ideas.
- Stay connected to your unique gifts.
- Bet on yourself.

Center For Creative & Conscious Leadership