



# Leading from Center

Creating Actionable Authenticity with the Whole Self Window™



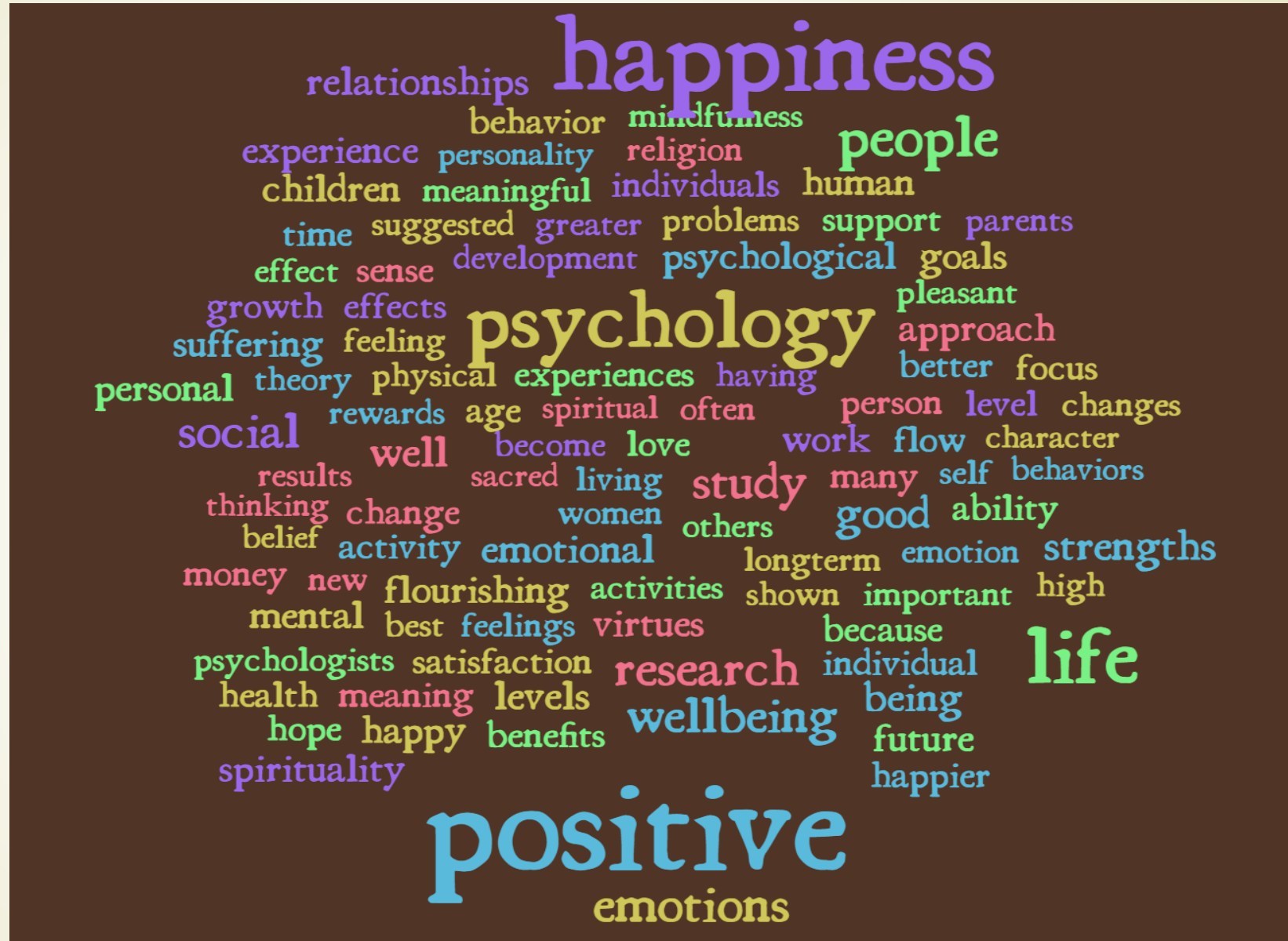
# What is Leading from Center?

**To Lead:** transitive verb, meaning an action verb expressing a doable activity, therefore requiring a direct object– something or someone who receives the action of the verb

- ▶ to direct on a course or in a direction
- ▶ to serve as a channel for
- ▶ to guide on a way especially by going in advance

**Center:** noun

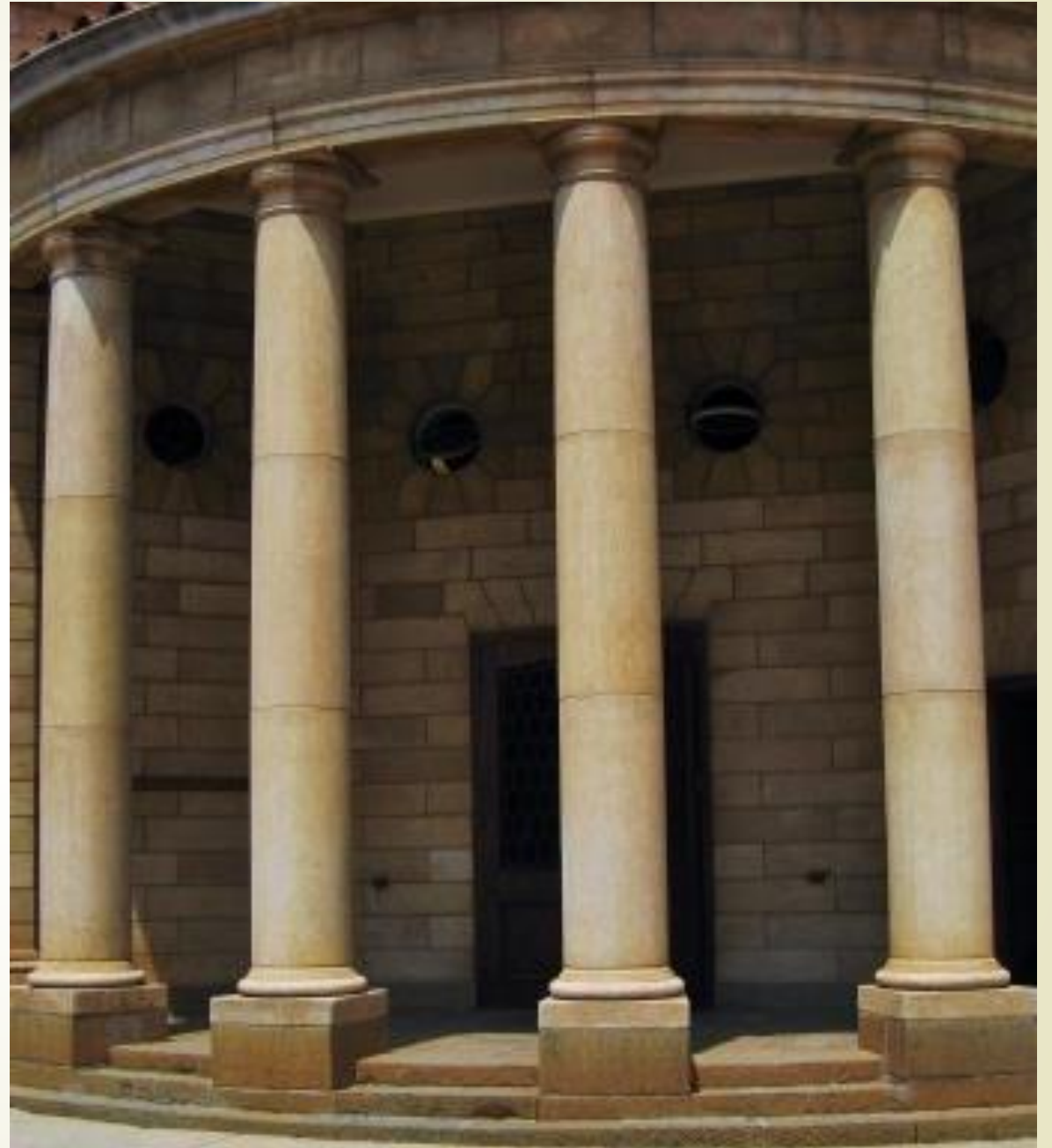
- ▶ a source from which something originates
- ▶ a point, pivot, or axis around which something rotates or revolves.





# Pillars of the Whole Self Leadership Plan

- Values
- Mission
- Priorities
- Vision



## One Simple Question

If the people you  
lead had only one  
word they could  
use to describe  
you, what would  
you want that  
word to be?



# A Not-So-Simple Question...

## Who ARE you?

- What did you love to do as a child?
- Today, what activities or tasks energize you most?
- What, specifically, about those tasks do you enjoy most?
- What types of things are you doing when you lose track of time? When you forget to take breaks?
- What are your strengths & preferred behavior styles or personality traits?
- What are the gifts, talents, qualities that make you who you uniquely are?



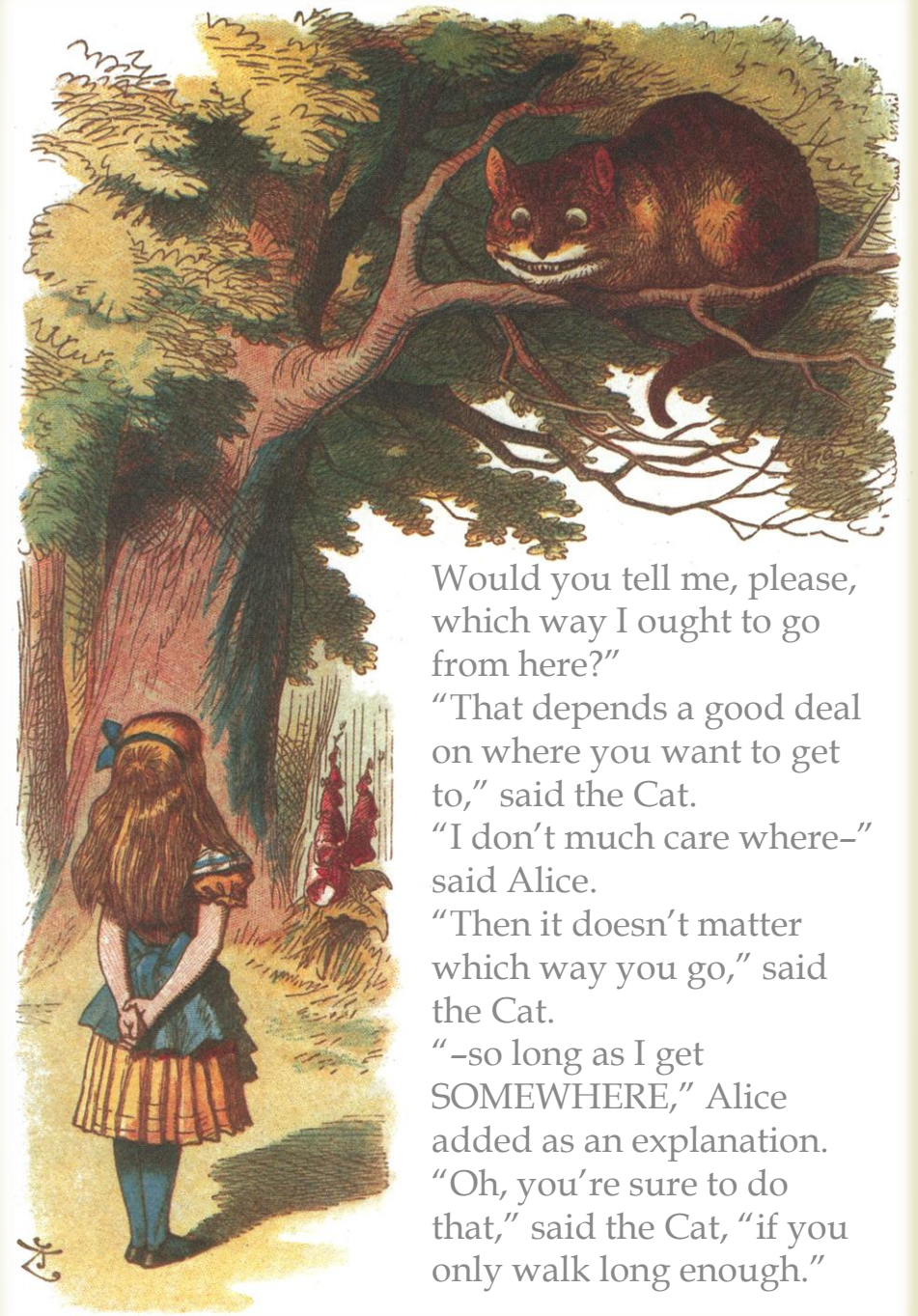
“Who are YOU?” said the Caterpillar.  
This was not an encouraging opening for a conversation. Alice replied, rather shyly, “I-I hardly know, sir, just at present- at least I know who I WAS when I got up this morning, but I think I must have been changed several times since then.”

# Another Not-So-Simple Question...

## What do you want to do; to be?

Change is situational.  
Transition is psychological,  
requiring inner reorientation and  
self-redefinition to incorporate  
changes into your life.

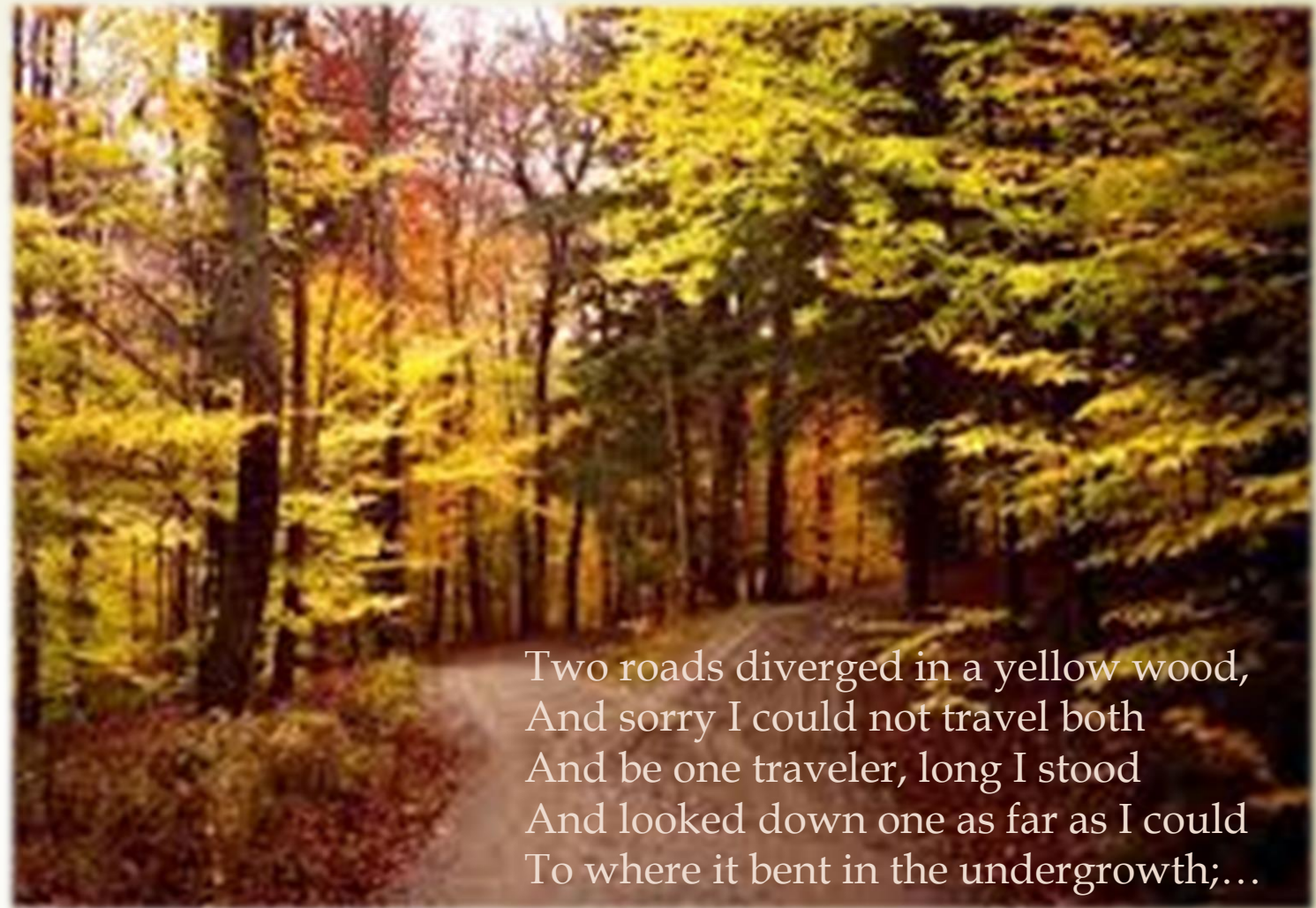
### Endings / Neutral Zone / Beginnings



Would you tell me, please,  
which way I ought to go  
from here?"  
"That depends a good deal  
on where you want to get  
to," said the Cat.  
"I don't much care where—" said Alice.  
"Then it doesn't matter  
which way you go," said  
the Cat.  
"—so long as I get  
SOMEWHERE," Alice  
added as an explanation.  
"Oh, you're sure to do  
that," said the Cat, "if you  
only walk long enough."

## mission

- ▶ Well then, let's just wait and see
- ▶ To hold ourselves open... to
- ▶ "Dwell in possibility."
  
- ▶ The way will become clear
- ▶ If we can quiet the mind and
- ▶ Listen for what's meant to be



Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;...

...Two roads diverged in a wood, and I—  
I took the one less traveled by,  
And that has made all the difference.

--Robert Frost



# The Whole Self Window™

How  
the quest  
for a perfect  
window brought  
an unexpected,  
life-changing  
view

priorities



# The Whole Self Window as Evaluation Tool

Feelings & authenticity. Any baggage?

Debt under control?  
Savings sufficient?  
Living within means?

What things bring you joy/bog you down?  
Things clean/cared for?

What does faith mean to you? What calms & brings you peace?

priorities

Self, family, friends, colleagues. What you give; what you need



Intellectual stretch, continuous learning, neural openings

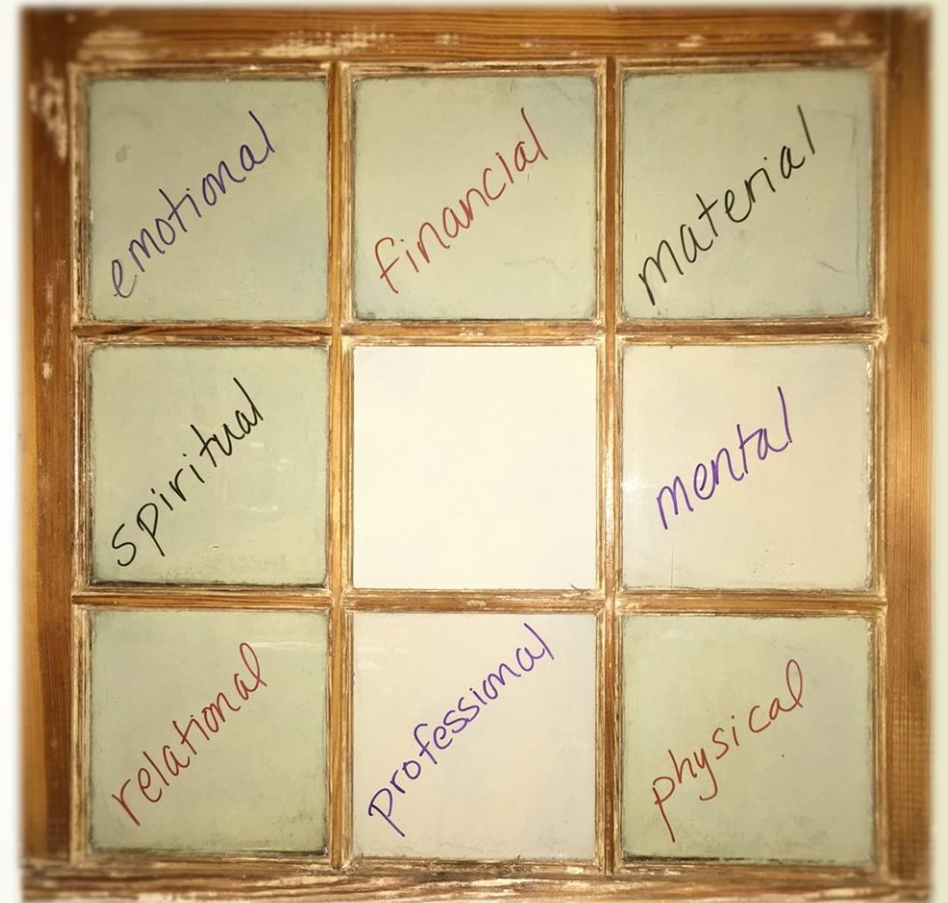
Do you feel rewarded, appreciated, challenged & valued?

Self-care, eating habits, physical strength & appearance

# The Whole Self Window™ as Evaluation Tool

How satisfied are you with each aspect of your life when viewed through this window?

What percent of your waking hours is spent focused on this aspect of your life?



In what 2-3 areas would you like to focus on improving?

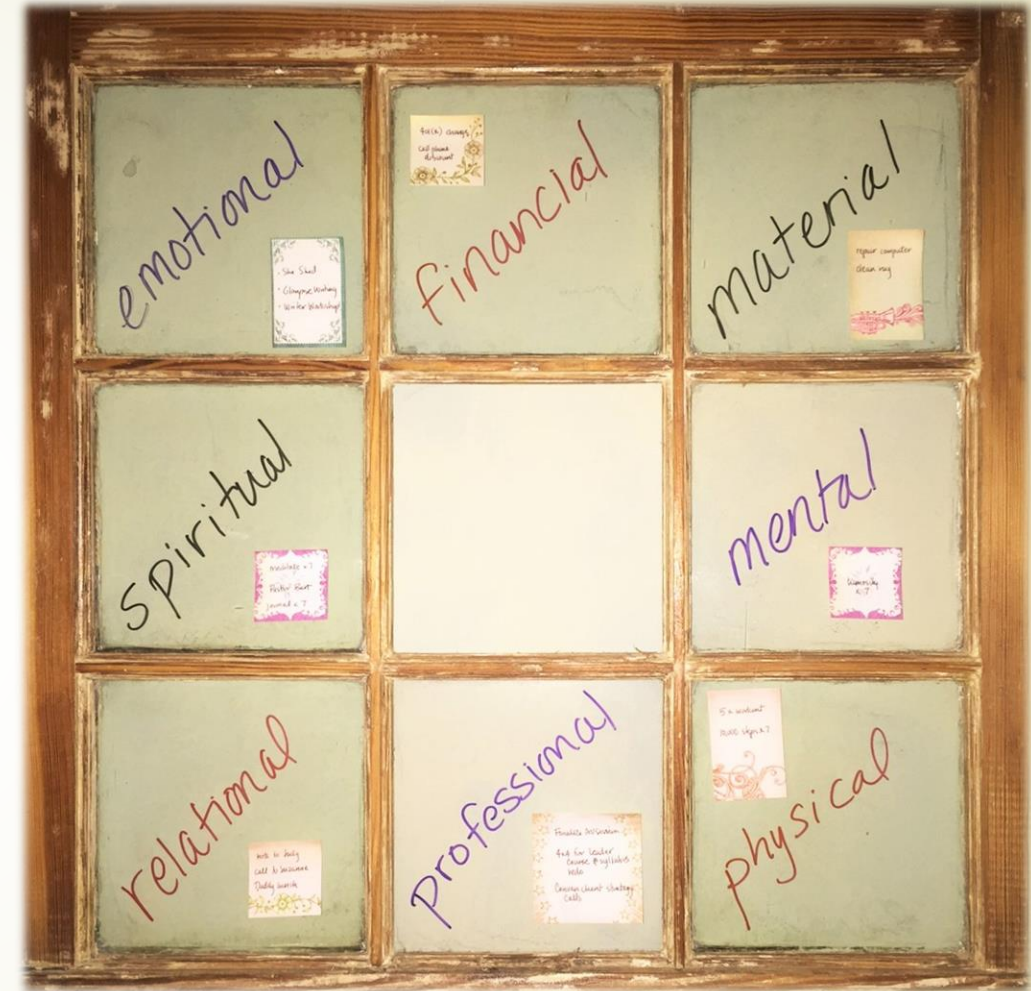
priorities

# The Whole Self Window™ as Goal-Setting & Planning Tool

What grade do you want to give your satisfaction level on the 2-3 priority areas you identified?

What percent of your waking hours do you WANT to spend on each aspect of your Whole Self?

priorities



What specific actions could you take to make progress?

# What's your Vivid Description of the Future?



- Where will Leading from Center take you and your team?
- What will be different? How will it be better? What makes the journey amazing?
- What does the future you create look like? What do you see, smell, feel? Is it so real you can taste it?
- What is your dream? What's just beyond your wildest imagining? Where would you go if there were no boundaries, no limiting assumptions, no fear?



# Comments? Questions? Observations?

Please feel free to contact me.  
Cathy Wright  
336-344-8364  
[c.wright@newgroundinc.com](mailto:c.wright@newgroundinc.com)

