



Leading from Inherent Awareness



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Key Executive Leadership Programs
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What did you come up with?



KEY EXECUTIVE LEADERSHIP PROGRAMS





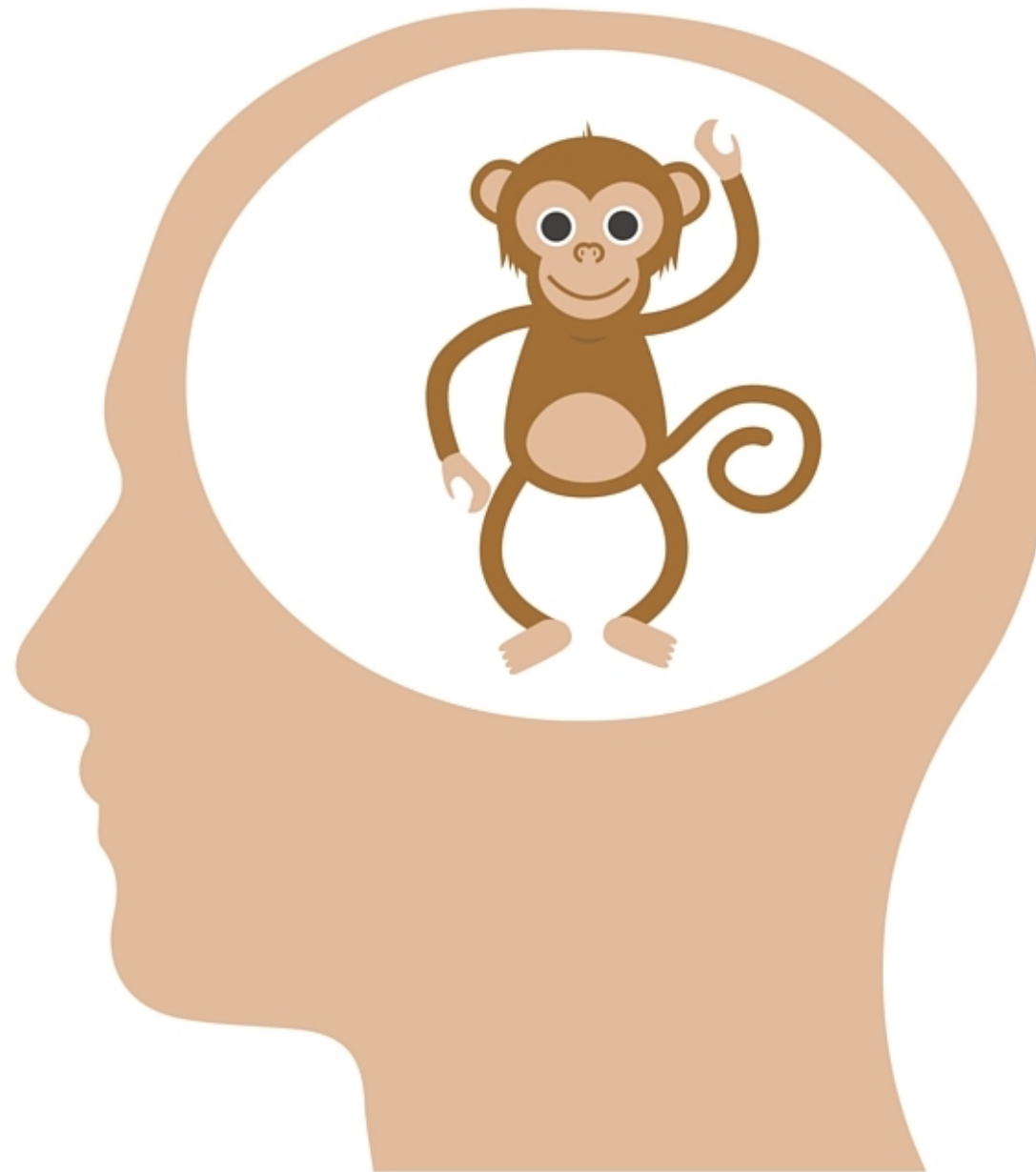
Happiness is...

“...a deep sense of flourishing that arises from an exceptionally healthy mind.... not a mere pleasurable feeling, a fleeting emotion, or a mood, but an optimal state of being... a profound emotional balance struck by a subtle understanding of how the mind functions.”

-Mathieu Ricard



Monkey mind!





“We have an unconscious mind, and superimposed on it, a conscious brain.”

-Leonard Mlodinow





The problem of I, me, and mine





“The nature of leadership is constant boundary-breaking, ever-changing, mind-bending, heart-expanding, character-stretching, purpose-aspiring transcendence.”

*-Kevin Cashman, *The Pause Principle**





“Until we begin to recognize Monkey Mind, we cannot reliably connect with our Inherent Awareness, our deeper consciousness, that is like the dance floor on which all our monkey moves occur.”

R. Zaplin, 2020





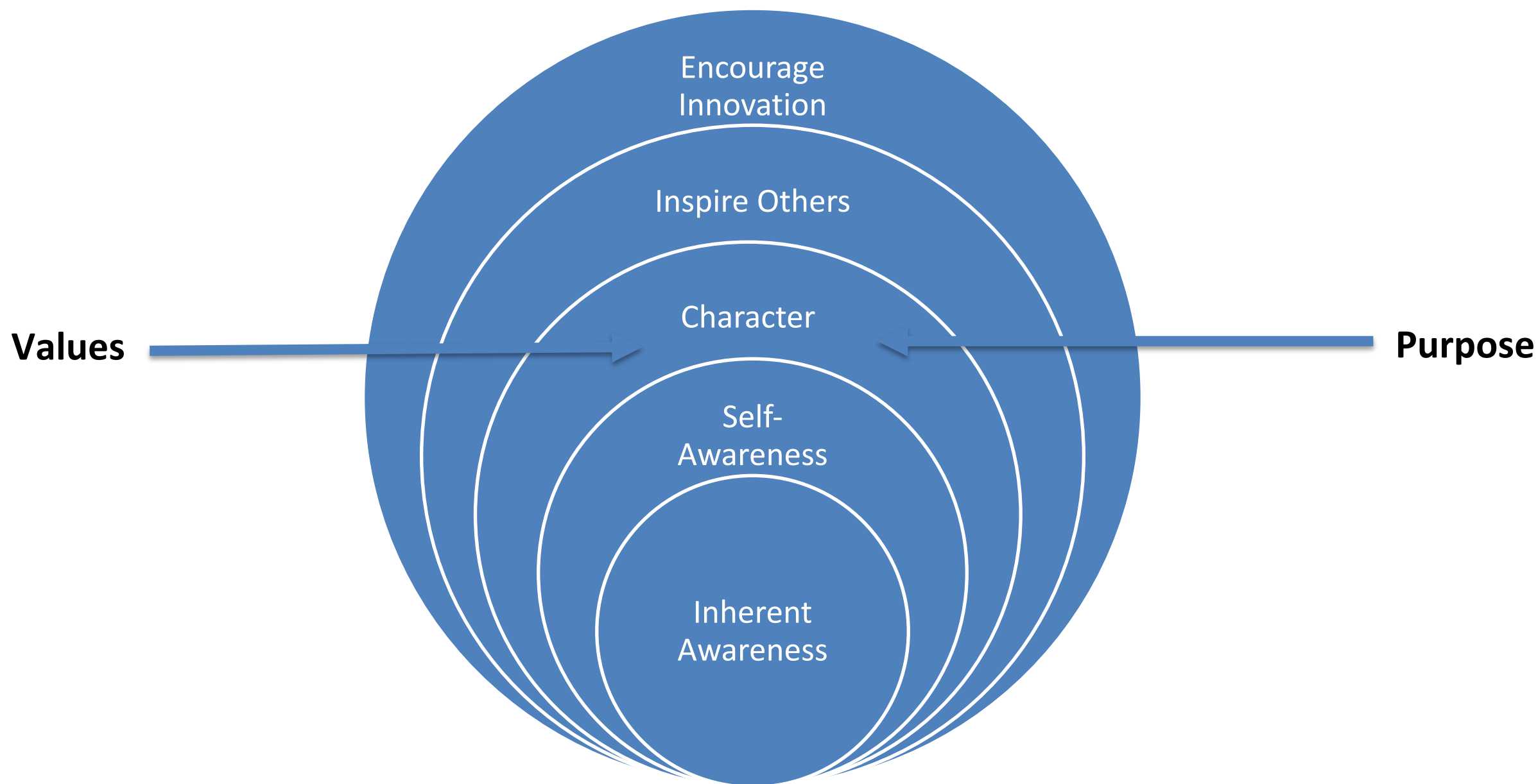
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No Mud, No Lotus
--Thich Nhat Hanh



Leading from inherent awareness





Mindfulness is paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”

– Dr. Jon Kabat-Zinn



Practice





Any questions? Comments?





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Ruth's mindfulness podcasts on Key Programs' soundcloud account:

<https://soundcloud.com/takeitfromkey>