

This blog post explores the characteristics of heart-centred leaders. The post provides a list of 33 qualities that make up a heart-centred leader, such as devotion, empathy, hope, integrity, and humility, among others. For each characteristic, the post includes a brief description, a reflective question to consider, and a tip to help cultivate that particular quality.

Additionally, the post emphasises the importance of incorporating these qualities into leadership style to create a compassionate and effective approach to leadership.

What is a heart-centred leader?

A heart-centred leader is a person who leads with empathy, compassion, and a focus on creating meaningful connections with others. They prioritise the well-being of their team and strive to create a positive and supportive work environment. A heart-centred leader also values authenticity, integrity, and humility and is committed to leading with a sense of purpose and vision. They prioritise people over profits and strive to make a positive impact on their team, organisation, and community.

Here's the list of 33 characteristics of heart-centred leaders in bullet points:

- Devotion
- Encouragement
- Inspiration
- Empathy
- Hope
- Courage
- Integrity
- Faith
- Compassion
- Nurturing
- Optimism
- Sincerity
- Acceptance
- Care
- Service
- Sacrifice
- Patience
- Vision

- Joy
- Passion
- Flexibility
- Resilience
- Collaboration
- Humility
- Accountability
- Adaptability
- Authenticity
- Inclusivity
- Self-awareness
- Creativity
- Gratitude
- Empowerment
- Authentic Listening

For each characteristic, the post includes a reflective question and a tip to help cultivate that quality.

33 Heart Centred Characteristics

1. **Devotion:** Devotion means being committed to a cause or belief.

Reflective question: What am I truly devoted to?

Tip: Stay focused on your values and purpose, and cultivate a daily practice that reinforces your commitment.

2. **Encouragement:** Encouragement means supporting and uplifting others.

Reflective question: How can I encourage others to achieve their goals?

Tip: Offer praise, feedback, and guidance to help others stay motivated.

3. **Inspire:** Inspire means to motivate and encourage others to take action.

Reflective question: How can I inspire others to pursue their dreams?

Tip: Lead by example and share your own experiences and stories of success.

4. **Empathy:** Empathy means understanding and feeling the emotions of others.

Reflective question: How can I better understand and connect with others?

Tip: Listen actively and seek to understand the perspectives of others.

5. **Hope:** Hope means having a positive outlook on the future.

Reflective question: What gives me hope in difficult times?

Tip: Focus on solutions and possibilities rather than problems.

6. **Courage:** Courage means being brave in the face of adversity.

Reflective question: What challenges have I overcome, and how have they made me stronger

Tip: Step outside of your comfort zone and take risks to grow and learn.

7. **Integrity:** Integrity means being honest and ethical in all your actions.

Reflective question: How can I ensure that my actions align with my values?

Tip: Be transparent and accountable for your actions.

8. **Faith:** Faith means having trust and belief in something greater than oneself.

Reflective question: What role does faith play in my life, and how can I deepen my spiritual practice?

Tip: Cultivate a daily spiritual practice, such as meditation or prayer.

9. **Compassion:** Compassion means showing kindness and empathy towards others.

Reflective question: How can I practice compassion towards those who are suffering?

Tip: Practice active listening and offer support to those in need.

10. **Nurtures**: Nurturing means caring for and supporting the growth of others.

Reflective question: How can I support the growth and development of others?

Tip: Provide mentorship and guidance to others, and celebrate their achievements.

11. **Optimism**: Optimism means having a positive outlook on life.

Reflective question: How can I cultivate a more optimistic outlook on life?

Tip: Practice gratitude and focus on the positive aspects of life.

12. **Sincere**: Sincerity means being genuine and honest in all your actions.

Reflective question: How can I ensure that my words and actions are sincere?

Tip: Speak from the heart and be true to yourself.

13. **Acceptance**: Acceptance means embracing diversity and differences in others.

Reflective question: How can I be more accepting of others who are different from me?

Tip: Seek to understand and appreciate the perspectives and experiences of others.

14. **Care**: Care means showing concern and consideration for others.

Reflective question: How can I show care and concern for those around me?

Tip: Offer support and kindness to those in need, and be attentive to their needs.

15. **Serves**: Serving means putting the needs of others before your own.

Reflective question: How can I better serve those around me?

Tip: Volunteer your time and resources to help others, and be generous with your talents.

16. **Sacrifices:** Sacrificing means giving up something of value for a greater cause.

Reflective question: What sacrifices am I willing to make to achieve my goals?

Tip: Be willing to give up short-term pleasures for long-term goals, and make choices that align with your values and priorities.

17. **Patient:** Patience means being able to tolerate delays or obstacles without becoming frustrated.

Reflective question: How can I cultivate more patience in my daily life?

Tip: Practice mindfulness and focus on the present moment, rather than worrying about the future.

18. **Vision:** Vision means having a clear sense of purpose and direction.

Reflective question: What is my vision for my life or my work?

Tip: Define your goals and create a plan of action to achieve them, and regularly assess your progress.

19. **Joy:** Joy means experiencing happiness and pleasure in life.

Reflective question: What brings me joy in life, and how can I cultivate more of it?

Tip: Engage in activities that bring you happiness and fulfillment, and surround yourself with positive people.

20. **Passion:** Passion means having a strong sense of enthusiasm and dedication towards something.

Reflective question: What am I passionate about, and how can I pursue it more fully?

Tip: Follow your passions and immerse yourself in activities that inspire you.

21. **Humility:** Humility means being modest and humble in your actions and interactions with others.

Reflective question: How can I cultivate more humility in my life?

Tip: Practice gratitude and acknowledge the contributions of others, and be willing to learn from others and admit your mistakes.

22. **Flexibility:** Flexibility means being adaptable and open to change.

Reflective question: How can I become more flexible in my thinking and actions?

Tip: Embrace uncertainty and be willing to pivot when necessary, and seek out diverse perspectives to broaden your thinking.

23. **Resilience:** Resilience means being able to bounce back from adversity.

Reflective question: How can I build my resilience in the face of challenges?

Tip: Practice self-care and seek out support from others, and focus on your strengths and successes.

24. **Creativity:** Creativity means being able to think outside the box and generate new ideas.

Reflective question: How can I cultivate my creativity in my work and personal life?

Tip: Engage in activities that inspire creativity, such as brainstorming sessions or artistic pursuits, and be open to experimentation and risk-taking.

25. **Collaboration:** Collaboration means working effectively with others towards a common goal.

Reflective question: How can I improve my collaborative skills and work more effectively with others?

Tip: Practice active listening and seek out opportunities to work with diverse groups of people, and focus on building relationships and trust.

26. **Accountability:** Accountability means taking responsibility for your actions and their outcomes.

Reflective question: How can I become more accountable in my work and personal life?

Tip: Set clear goals and expectations for yourself and others, and be transparent and honest in your communication.

27. **Adaptability:** Adaptability means being able to adjust to changing circumstances and environments.

Reflective question: How can I become more adaptable in my thinking and actions?

Tip: Seek out opportunities to challenge yourself and learn new skills, and be open to feedback and constructive criticism.

28. **Authenticity:** Authenticity means being true to yourself and your values.

Reflective question: How can I be more authentic in my leadership and interactions with others?

Tip: Identify your core values and align your actions with them, and be honest and transparent in your communication.

29. **Inclusivity:** Inclusivity means valuing and respecting diversity and creating an environment where everyone feels welcome and valued.

Reflective question: How can I create a more inclusive environment in my work or personal life?

Tip: Educate yourself on different cultures and perspectives, actively seek out diverse voices and experiences, and create opportunities for everyone to participate and contribute.

30. **Self-awareness:** Self-awareness means understanding your own strengths, weaknesses, and emotions, and how they impact your interactions with others.

Reflective question: How can I become more self-aware in my leadership and personal life?

Tip: Practice mindfulness and reflection, seek out feedback from others, and work on developing your emotional intelligence.

31. **Authentic Listening:** Authentic listening means being fully present and engaged when someone is speaking, with the intent to understand their perspective and experiences.

Reflective question: How can I become a more authentic listener and cultivate deeper connections with others?

Tip: Practice active listening, avoid interrupting or judging, ask open-ended questions, and demonstrate empathy and validation.

32. **Gratitude:** Gratitude means recognizing and appreciating the good in your life and expressing thanks to others.

Reflective question: How can I cultivate more gratitude in my leadership and personal life?

Tip: Practice daily gratitude exercises, express appreciation to others, and focus on the positives even in difficult situations.

33. **Empowerment:** Empowerment means giving others the tools and support they need to succeed and reach their full potential.

Reflective question: How can I empower and support others in my leadership and work?

Tip: Delegate responsibility and provide opportunities for growth and development, recognise and reward success, and actively mentor and coach others.

These 33 characteristics of heart-centred leaders are essential for anyone who wants to lead with compassion and make a positive impact in the world. By reflecting

on these characteristics and incorporating the suggested tips, you can grow as a leader and make a meaningful difference in the lives of those around you.

So what now?

If after reading the blog post you are interested in becoming heart-centred leader, you can take several steps to apply the insights and tips provided.

Here are some suggested actions:

- Reflect on their current leadership style and identify areas where they can incorporate more heart-centered qualities.
- Choose one or two qualities from the list provided and commit to cultivating those qualities through regular practice and self-reflection.
- Engage in conversations with their team members to learn about their needs, challenges, and aspirations, and look for ways to support them in achieving their goals.
- Prioritise self-care and personal growth, such as through mindfulness practices, regular exercise, and seeking feedback from colleagues and mentors.
- Look for opportunities to lead with purpose and make a positive impact on their organisation and community, such as by developing a vision statement, setting achievable goals, and engaging in community service or volunteer work.

Overall, we would love to encourage you to take a proactive and intentional approach to becoming heart-centred leader.

After taking the suggested actions, individuals who are interested in further developing their heart-centred leadership skills can consider seeking support and guidance from a professional coach. Always Better than Yesterday offers [coaching services](#) that can help individuals cultivate the essential qualities of heart-centred

leadership, set achievable goals, and develop a vision for their personal and professional growth. Working with a coach can provide personalised support and accountability, and help individuals overcome obstacles and challenges on their leadership journey.

In addition to coaching services, individuals who are interested in heart-centred leadership and personal growth can benefit from listening to the [Always Better Than Yesterday podcast](#).

The podcast exists to inspire and encourage people to lead with their heartset and provides valuable insights and practical tips on how to develop heart-centred leadership skills and create a positive impact in their personal and professional lives. The interviews with inspiring leaders and experts in various fields offer a wealth of knowledge and inspiration for anyone seeking to cultivate a heart-centered approach to leadership and personal growth.

Thank you for reading and we wish you well on the most important 18 inch leadership journey of all, from your head to your heart.

Be sure to connect with us at www.abty.co.uk/connect to discuss anything that has sparked your curiosity in this blog.

And be sure to come and partake in one of our greenhouses (www.abty.co.uk/greenhouse)

Always love

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