

## The Awakened Conscious Leader Course



### Benefits of Shifting from Success to Significance:

#### ◆ 5 Essential Benefits :

##### 1. Awaken Awareness

- Move from autopilot to conscious choice
- Observe patterns, biases, and emotional triggers

##### 2. Embody Coherence

- Practice daily regulation (breath, meditation, rituals)
- Align thoughts, feelings, and actions

##### 3. Lead with Intention

- Use a guiding vision rooted in values and service
- Shift from control to contribution

##### 4. Integrate Higher Intelligence (SQ)

- Trust intuition, sense the unseen, lead with humility
- Serve something greater than self: people, planet, purpose

##### 5. Design for Impact & Legacy

- Build systems

## Session-by-Session Guide

### Session 1: Introduction, New Paradigm, Identity as a Leader

**Focus:** Uncovering limiting beliefs, leadership narratives, and identity anchors.

- *Course Tips:* Invite authenticity; affirm diverse expressions of leadership.
- *Key Tool:* 7-Part Leadership Self-Assessment.

### Session 2: Rewiring Inner States for Empowerment

**Focus:** From Reaction to Response leadership, multiplier effects, mapping levels of energy.

- *Course Tips:* What is Peak Performance and Flow State? How to reproduce.
- *Key Tool:* HMC State Tracking Worksheet.

### Session 3: Activating Conscious Leadership & Inner Navigation system (GPS)

**Focus:** Emotional regulation, intuition, and coherence science (HeartMath).

- *Course Tips:* Basics of real-time coherence (HMC); reflect on States vs traits.
- *Key Tool:* Inner GPS to help navigate complexity using higher awareness.

### Session 4: Leading from Success to Significance, Vision & Focus

**Focus:** Tapping higher levels (SQ) & dimensions of consciousness for Legacy visioning.

- *Course Tips:* Use future-self prompts and visualization for breakthroughs; aligning strategy, operations, and leadership behavior.
- *Key Tool:* Conscious Leader model, **Blueprint Impact** templates (fillable), metrics for 3ROIs and authenticity.

### BONUS Session 5: Legacy Leadership & Awakened Leader as Builder

**Focus:** Designing for +10-year impact, purpose-led routines, and mentorship.

- *Course Tips:* Encourage sharing, legacy storytelling, and cross-pollination.
- *Key Tool:* +10-Year Legacy Plan, Integration Calendar.

### Who Should Attend?

- SME CEOs & Founders
- Senior Business Leaders

- Conscious Entrepreneurs
- Organizational Change-Makers
- Impact Investors & Legacy Builders

### **Delivery Format**

- 5 Live Sessions (75 mins each)
- On-Demand Access to Recordings
- Worksheets, Diagrams, and Leadership Impact Blueprint
- Private Peer Group Circle (Optional) - FB

## **Outcomes Delivered & Pedagogy**

This Course delivers:

- Re-vitalization – shift in mindset, renewed vigor – passion for business & Life
- Improved Productivity – time savings, leverage capital, know cashflows, stretch Time resources
- An upgrade to Level of Consciousness – Spiritual Intelligence (SQ) & personal fulfillment; finding joy in doing
- Techniques to re-wire inner vibrations for Personal Success & Significance – individual study & exercises, audios, handouts, affirmations, journaling
- **Final Project : 3-5 page [Blueprint – Action Agenda Plan](#) [6/12/18/24 mos Timeline]**

*Caveat:* Outcomes are dependent upon the level of effort and attention the participant gives to the subject. If you want to be fit, you must do the pushups so don't ask the coach to do them for you!

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