

15 commitments of conscious leadership

15 commitments of conscious leadership represent a transformative framework designed to elevate leadership effectiveness by fostering self-awareness, accountability, and authentic connection. These commitments encourage leaders to move beyond traditional power dynamics and embrace a more mindful, emotionally intelligent approach to guiding teams and organizations. By integrating these principles, conscious leaders cultivate environments of trust, innovation, and collaboration, essential for sustainable success in today's complex business landscape. The 15 commitments focus on shifting from reactive patterns to proactive engagement, emphasizing responsibility for one's impact and a commitment to continuous growth. This article explores each commitment in detail, shedding light on how adopting them can enhance leadership presence and organizational culture. The insights provided serve as a valuable resource for individuals seeking to deepen their leadership practice through conscious awareness and intentional action.

- Understanding Conscious Leadership
- The 15 Commitments Explained
- Applying the Commitments in Practice

Understanding Conscious Leadership

Conscious leadership is a leadership philosophy that emphasizes awareness, authenticity, and responsibility. At its core, it challenges leaders to operate from a place of mindfulness, clarity, and integrity rather than fear, ego, or control. The 15 commitments of conscious leadership provide a structured approach to cultivating these qualities by outlining specific attitudes and behaviors leaders can adopt to become more present, empathetic, and effective.

The Foundation of Conscious Leadership

The foundation of conscious leadership lies in self-awareness and emotional intelligence. Leaders committed to this approach recognize their thoughts, emotions, and biases and understand how these internal states influence their decisions and interactions. This heightened awareness allows leaders to respond rather than react, fostering healthier relationships and better outcomes within their organizations.

Core Principles Behind the Commitments

The 15 commitments reflect several core principles, including accountability, transparency, vulnerability, and curiosity. These principles encourage leaders to embrace discomfort, seek feedback, and engage in honest communication. Through these commitments, leaders are guided to create a culture where learning and growth are prioritized, and where challenges are viewed as opportunities rather than threats.

The 15 Commitments Explained

The 15 commitments of conscious leadership articulate specific mindsets and practices that distinguish conscious leaders from traditional leadership models. Each commitment addresses a critical aspect of leadership, promoting a shift from reactive, ego-driven behaviors to conscious, purpose-driven actions.

1. Taking Radical Responsibility

This commitment involves owning everything in one's life and leadership, avoiding victim mentality, and recognizing how one's choices shape outcomes. Radical responsibility empowers leaders to act with integrity and influence their environment positively.

2. Curiosity Over Judgment

Leaders cultivate a mindset of curiosity by suspending judgment and seeking to understand situations and people deeply. This fosters open dialogue and innovation by encouraging exploration rather than criticism.

3. Feeling All Feelings

Conscious leaders embrace their full emotional spectrum without suppression or denial. This emotional awareness enhances empathy and authenticity, allowing leaders to connect more genuinely with their teams.

4. Speaking Candidly

Open and honest communication is critical. Leaders commit to expressing truths respectfully and clearly, which builds trust and reduces misunderstandings.

5. Eliminating Gossip

Gossip undermines trust and damages relationships. Conscious leaders take responsibility for refraining from gossip and instead foster direct communication.

6. Generating Appreciation and Approval Internally

Rather than seeking external validation, leaders cultivate self-appreciation and approval, promoting confidence and reducing dependency on others for affirmation.

7. Committing to Learning and Growth

Leaders embrace lifelong learning and view mistakes as opportunities to evolve. This commitment drives continuous improvement and adaptability.

8. Creating Win for All Solutions

Conscious leadership prioritizes collaboration that benefits all stakeholders, moving beyond zero-sum thinking to foster sustainable, mutually beneficial outcomes.

9. Eliminating Blame and Defensiveness

Leaders avoid blaming others and defensiveness, instead taking accountability and seeking solutions. This creates a culture of trust and psychological safety.

10. Feeling Into the Future

Visionary leaders connect deeply with their future goals and values, allowing this awareness to guide their decisions and inspire their teams.

11. Embracing Vulnerability

Vulnerability is seen as a strength, enabling leaders to build authentic connections and encourage open expression within their organizations.

12. Living in the Zone of Genius

Leaders identify and operate within their unique talents and passions,

leveraging their strengths to maximize impact and fulfillment.

13. Generating Enough Energy and Resourcefulness

Maintaining personal energy and resourcefulness is essential for sustaining leadership effectiveness and resilience under pressure.

14. Practicing Integrity and Honoring Commitments

Integrity involves aligning actions with values and consistently honoring commitments, which strengthens credibility and trustworthiness.

15. Leading with Authenticity

Authentic leadership means showing up fully as oneself, fostering transparency, and encouraging others to do the same.

Applying the Commitments in Practice

Adopting the 15 commitments of conscious leadership requires intentional practice and reflection. Leaders must integrate these principles into daily habits, decision-making processes, and interactions to create meaningful change.

Steps to Integrate Conscious Leadership Commitments

Implementing these commitments can be approached systematically to enhance leadership effectiveness:

- **Self-reflection:** Regularly assess personal leadership behaviors and identify areas for growth aligned with the commitments.
- **Mindfulness practices:** Develop awareness through meditation or journaling to stay present and emotionally balanced.
- **Feedback loops:** Encourage open feedback from peers and team members to uncover blind spots and improve communication.
- **Training and development:** Participate in leadership workshops focused on emotional intelligence, communication, and accountability.
- **Modeling behavior:** Demonstrate the commitments consistently to inspire and influence organizational culture.

Benefits of Embracing Conscious Leadership

Leaders who embody these commitments experience numerous advantages, including stronger team engagement, increased innovation, and improved conflict resolution. Conscious leadership fosters resilience and adaptability, enabling organizations to navigate complexity with confidence. Furthermore, it cultivates a work environment where individuals feel valued, empowered, and motivated to contribute their best.

Frequently Asked Questions

What are the 15 Commitments of Conscious Leadership?

The 15 Commitments of Conscious Leadership are a set of principles designed to foster self-awareness, accountability, and authentic leadership. They guide leaders to operate from a place of integrity, presence, and responsibility in both personal and professional contexts.

How do the 15 Commitments of Conscious Leadership improve team dynamics?

By embracing these commitments, leaders promote open communication, trust, and emotional intelligence within their teams. This leads to enhanced collaboration, reduced conflicts, and a culture where team members feel valued and empowered.

Can the 15 Commitments of Conscious Leadership be applied outside of the workplace?

Yes, these commitments are universally applicable and can improve relationships and personal growth in various areas of life, including family, friendships, and community involvement.

What is the role of self-awareness in the 15 Commitments of Conscious Leadership?

Self-awareness is foundational to conscious leadership. The commitments encourage leaders to observe their thoughts, emotions, and behaviors objectively, enabling them to respond thoughtfully rather than react impulsively.

How do the 15 Commitments address accountability in leadership?

They emphasize taking full responsibility for one's actions and their outcomes, moving away from blame and victimhood. This fosters a culture of

trust and continuous improvement.

What practices can help leaders embody the 15 Commitments of Conscious Leadership?

Practices include regular reflection, mindfulness meditation, seeking feedback, embracing vulnerability, and engaging in open, honest communication with oneself and others.

How do the 15 Commitments of Conscious Leadership align with modern organizational values?

They align closely with values like transparency, inclusivity, emotional intelligence, and sustainability, helping organizations build resilient, adaptive, and purpose-driven cultures in today's complex business environment.

Additional Resources

1. The 15 Commitments of Conscious Leadership: A New Paradigm for Sustainable Success

This foundational book introduces the core principles of conscious leadership, emphasizing self-awareness, accountability, and integrity. It guides leaders to move beyond fear-based leadership styles and embrace trust, curiosity, and creativity. Through practical exercises and real-life examples, readers learn to foster authentic relationships and create sustainable organizational cultures.

2. Conscious Leadership: Elevating Humanity Through Business

Focused on the transformative power of conscious leadership, this book explores how leaders can inspire positive change both within their organizations and society. It highlights the importance of emotional intelligence, mindfulness, and ethical decision-making. Readers are encouraged to lead with purpose and create environments where collaboration and innovation thrive.

3. Dare to Lead: Brave Work. Tough Conversations. Whole Hearts. by Brené Brown

Brené Brown delves into the power of vulnerability and courage in leadership. This book aligns with many commitments of conscious leadership by encouraging leaders to embrace discomfort and lean into difficult conversations. It offers actionable strategies for building trust, fostering empathy, and cultivating resilience in teams.

4. Leadership and Self-Deception: Getting Out of the Box by The Arbinger Institute

This book explores how self-deception limits leadership effectiveness and impedes conscious leadership. It teaches readers to recognize when they are

"in the box" and how to shift to an outward mindset that fosters empathy and collaboration. The concepts support the 15 commitments by promoting honest self-reflection and authentic engagement.

5. *The Power of Now: A Guide to Spiritual Enlightenment* by Eckhart Tolle
While not a leadership book per se, this work deeply complements the commitment to present-moment awareness in conscious leadership. It guides readers to detach from ego-driven reactions and cultivate mindfulness. Leaders can benefit by learning to respond thoughtfully rather than react impulsively, enhancing clarity and calm in decision-making.

6. *Radical Candor: Be a Kick-Ass Boss Without Losing Your Humanity* by Kim Scott
Kim Scott presents a framework for leaders to communicate with both care and directness. This book supports conscious leadership commitments around honesty, transparency, and feedback. It empowers leaders to build trusting relationships while maintaining high standards and accountability.

7. *Emotional Intelligence 2.0* by Travis Bradberry and Jean Greaves
This book offers practical tools to develop emotional intelligence, a key competency in conscious leadership. It covers self-awareness, self-management, social awareness, and relationship management. Leaders learn to navigate emotions effectively, leading to better collaboration and conflict resolution.

8. *The Fearless Organization: Creating Psychological Safety in the Workplace for Learning, Innovation, and Growth* by Amy C. Edmondson
Amy Edmondson emphasizes the importance of psychological safety, a critical element in conscious leadership. When teams feel safe to speak up and take risks, innovation flourishes. This book provides insights on how leaders can foster trust and openness, aligning with several commitments of conscious leadership.

9. *Mindful Leadership: The 9 Ways to Self-Awareness, Transforming Yourself, and Inspiring Others* by Maria Gonzalez
This book integrates mindfulness practices with leadership development, supporting commitments related to self-awareness and presence. It offers practical exercises to cultivate focus, empathy, and emotional balance. Leaders learn to inspire and influence authentically by being fully present in their roles.

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15 commitments of conscious leadership: The 15 Commitments of Conscious

Leadership Jim Dethmer, Diana Chapman, Kaley Klemp, 2015 You'll never see leadership the same way again after reading this book. These fifteen commitments are a distillation of decades of work with CEOs and other leaders. They are radical or provocative for many. They have been game changers for us and for our clients. We trust that they will be for you too. Our experience is that unconscious leadership is not sustainable. It won't work for you, your team or your organization in the long term. Unconscious leadership can deliver short term results, but the costs of living and leading unconsciously are great. Fear drives most leaders to make choices that are at odds with healthy relationships, vitality and balance. This fear leaves a toxic residue that won't be as easily tolerated in an increasingly complex business environment. Conscious leadership offers the antidote to fear. These pages contain a comprehensive road map to guide you to shift from fear-based to trust-based leadership. Once you learn and start practicing conscious leadership you'll get results in the form of more energy, clarity, focus and healthier relationships. You'll do more and more of what you are passionate about, and less of what you do out of obligation. You'll have more fun, be happier, experience less drama and be more on purpose. Your team will get results as well. They'll be more collaborative, creative, energized and engaged. They'll solve issues faster, and once resolved the issues won't resurface. Drama and gossip will all but disappear, and the energy and resources that fueled them will be redirected towards innovation and creativity. Any one of these commitments will change your life. All of them together are revolutionary. Leaders who practice the 15 commitments: - End blame and criticism - Speak candidly, openly and honestly, in a way that invites others to do the same - Find their unique genius - Let go of taking everything-especially themselves and their problems-so seriously - Create win for all solutions - Experience a new relationship to time and money where there is always enough What do you need to bring to the table? Be curious. Sounds so simple, and yet in our experience it's a skill few have mastered. Most of us are far more interested in being right and proving it, than we are in learning, growing and shifting out of our old patterns. By default we gravitate towards the familiar. We're asking you to take a chance and explore the unfamiliar. You'll get scared and reactive. We all do. So what? Just stay curious and let us introduce you to a whole new world of leadership.

15 commitments of conscious leadership: Summary of the 15 Commitments of Conscious Leadership: a New Paradigm for Sustainable Success by Jim Dethmer, Diana Chapman, Kaley Warner Klemp Thorough Thorough Summaries, 2021-06-03 The 15 Commitments of Conscious Leadership (2014) teaches you how to become a conscious leader - a leader who inspires positive change, creates a great work atmosphere and builds close relationships in their personal life. Because leading is about a lot more than just giving orders. DISCLAIMER: This book is a SUMMARY. It is meant to be a companion, not a replacement, to the original book.

15 commitments of conscious leadership: Summary of Jim Dethmer & Diana Chapman & Kaley Warner Klemp's The 15 Commitments of Conscious Leadership Everest Media,, 2022-03-21T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 Blame is a powerful motivator. It is one of the most common forms of motivation used by leaders, parents, politicians, and clergy. When things don't go the way we want them to go, the default setting for most of us is to place blame and find fault. #2 Blame, shame, and guilt are all products of toxic fear. When things don't go the way we think they should, our natural response is to become anxious. We then blame others or ourselves to keep our sense of identity intact. #3 Taking full responsibility is the first commitment, and it is radical. It is based on a fundamental belief that there is a way the world should be and a way it shouldn't be. But in reality, the world just shows up the way it shows up. #4 The first step in taking responsibility is to shift from believing the world should be a particular way to believing that the world just shows up. Second, we need to shift from rigidity, close-mindedness, and self-righteousness to curiosity, learning, and wonder.

15 commitments of conscious leadership: Summary of Jim Dethmer & Diana Chapman & Kaley Warner Klemp's The 15 Commitments of Conscious Leadership Milkyway Media, 2022-05-02

Please note: This is a companion version & not the original book. Book Preview: #1 Blame is a powerful motivator. It is one of the most common forms of motivation used by leaders, parents, politicians, and clergy. When things don't go the way we want them to go, the default setting for most of us is to place blame and find fault. #2 Blame, shame, and guilt are all products of toxic fear. When things don't go the way we think they should, our natural response is to become anxious. We then blame others or ourselves to keep our sense of identity intact. #3 Taking full responsibility is the first commitment, and it is radical. It is based on a fundamental belief that there is a way the world should be and a way it shouldn't be. But in reality, the world just shows up the way it shows up. #4 The first step in taking responsibility is to shift from believing the world should be a particular way to believing that the world just shows up. Second, we need to shift from rigidity, close-mindedness, and self-righteousness to curiosity, learning, and wonder.

15 commitments of conscious leadership: *Becoming a Conscious Leader* Dr. Omar Clark Fisher M.Ed. MSM PhD., 2022-09-21 This book is an action-oriented guide to becoming a Conscious Leader. The first section explores in some detail what is Conscious-ness, its history and what science research reveals to us about the workings of the human brain fixated on the 2D/3D reality. The second section reviews what is modern business leadership, common best practices and what is missing in leadership theories that focus on maximizing shareholder ROI. A broader success measure is required to propel us forward. Proposed are 3 key ROIs—return on Investment (capital); return on Inspiration (higher consciousness); and return on Integrity (authenticity). The third section describes the benefits of Conscious Leaders and suggests a pathway to transform yourself from a great Leader into a Conscious Leader, at the gateway to the 5th Dimension. Conscious Leaders think with their hearts as well as their minds. For mankind to thrive, our collective future depends less about technologies than leadership. Remember it is all in your hands.

15 commitments of conscious leadership: *The 9 Types of Leadership* Beatrice Chestnut, 2017-01-31 The 9 Types of Leadership draws on the Enneagram, an amazingly accurate descriptor of personality, to help people in the workplace create more effective relationships, so they can be more productive and happy at the office. In the past few years, mindfulness and other approaches to self-awareness have begun to transform the American workplace. But while it is increasingly widely accepted in the business world that the most direct route to success lies in adopting practices that actively promote leaders' self-awareness, social skill, and "emotional intelligence," the best and most efficient path to developing a more conscious workforce often remains unclear. The Enneagram provides this pathway to greater self-awareness and social skillfulness. Like a GPS for social interactions, the Enneagram helps you orient yourself when you get caught up in people problems you don't know how to work your way out of. By providing extremely detailed and accurate descriptions of nine recognizable personalities, the Enneagram is an unmatched tool for business people to use to decode the mysteries involved in understanding why people do what they do, why we have conflicts with some people but not others, and how we can become aware of our blind spots. Most importantly, it can help leaders to know themselves in a deeper way so they can more effectively lead others and more powerfully model conscious behaviors for their direct reports.

15 commitments of conscious leadership: *The Inner Journey to Conscious Leadership* Paul Ward, 2018-05-01 Conscious leadership is a journey, not a destination - and it starts with the simple framework of practices found in this book. Paul Ward draws on his coaching, consulting, and leadership experience along with his academic studies and the writings of experts in the emerging fields of conscious leadership and conscious business to illustrate the real-life application of conscious leadership practices. Conscious leaders, he explains, want to make the world a better place to live and work. They constantly ask themselves three questions: What am I noticing? What are my intentions about what I am noticing? What responsible actions can I take in response to what I am noticing? The themes of noticing what is going on, setting intention, and acting responsibly provide a framework for learning about the practices for leading consciously. Using all the conscious leadership practices provides a process of transformation on your inner journey to becoming a more conscious leader. This book is for leaders - and even if you don't consider yourself to be a leader, you

can apply the practices to living and leading consciously. The practices are simple, but they are not easy: It will take dedication, a leap of faith, and daily practice to navigate The Inner Journey to Conscious Leadership.

15 commitments of conscious leadership: Heal to Lead Kelly L. Campbell, 2024-04-30 By taking radical responsibility for your own healing, you unveil the high-conscious leader within that our world needs right now. You don't outrun or outgrow the formative experiences that have shaped who you are. So, it makes sense that your emotional history would also be the foundation of your leadership style. If what got you to this point may now be the very thing that is holding you back, then Heal to Lead was written for you. Everything you've read about conscious leadership is based on self-awareness and personal growth, yet the missing link has been trauma healing. If you want greater collaboration with your people, the confidence to inspire growth in your organization, and a more meaningful connection to yourself, your community, and the natural world, it's time to do the inner work. This book shows you how to develop high-conscious leadership, rooted in deep introspection, vulnerability, compassion, and reciprocity with all beings. Inside, former CEO turned trauma-informed leadership coach Kelly L. Campbell walks alongside you as you unpack and process what's been buried within your psyche. Integrating your past trauma is the key to unlearning the maladaptive strategies that have kept you subconsciously safe until now. With the resources, personal anecdotes, and reflection questions in this book, you will be better able to regulate your emotions and feel more enlivened as you lead from a place of reclamation. As an indicator of your commitment, your organization will ultimately realize greater stability and success. Discover how trauma lives in the body and can hinder you from accessing your potential. Break strategic patterns in your life that keep you automated, and gain clarity about what you are here to contribute. Develop greater compassion for yourself and others so you can co-create healthy workplace culture and respond productively in difficult situations. Make a lasting, positive impact within your organization and augment your bottom line. Disrupt the default of extractive, patriarchal, and supremacist business practices. Commit to taking part in the restoration of our societal tapestry and global environment. Heal to Lead is a radical departure from the myths that emerging and established leaders like you have been fed for so long. By healing your core wounds, you shed other people's stories about who you are, releasing the pain and scarcity mindset that keeps you feeling stuck. This liberation finally gives you access to your innate gifts as a leader, and you feel empowered to do the right thing by all as a generative force in the world.

15 commitments of conscious leadership: Scale Passion Rob Craven, 2025-04-01 We've been duped into believing a number of unhelpful notions about starting and leading a successful company, not least of all that profit and purpose are mutually exclusive. Rob Craven believes that we can evolve toward a better kind of capitalism. Infuse purpose and passion into all parts of your company so that as your business grows and flourishes, so does your impact. Scaling a business is a straightforward endeavor—grow and expand your company while maintaining efficiency and profitability. Impact-minded leaders need a field guide for generating both economic value and contributing to societal well-being. Let Scale Passion be your companion on the journey to building a company whose social impact differentiates you from the competition, drives exceptional employee engagement, and becomes a prized asset for your stakeholders and investors. CEO, investor, consultant, and founder of ScalePassion Rob Craven empowers you to leverage your organizations as a force for good by showing you how to: Elevate your leadership by tapping into your personal purpose, passion, and power Scale your purpose and passion by building an impact-minded company/team Inspire an ever-widening circle of customers, investors, and community stakeholders Organized around his father's three most important principles for living—be bold as hell, do it right, commit to making a difference—Craven's guidance is a mentorship-in-your-pocket resource for cultivating your superpowers as a leader. Scale Passion offers a proven, practical method for building a successful, impact-minded organization and achieving your change-the-world goals, featuring inspiring stories of leaders who are doing just that.

15 commitments of conscious leadership: Aliveness Mindset Jack Craven, 2024-04-02 Jack

Craven's Aliveness Mindset is an invitation for anyone feeling stuck to awaken to a life of renewed passion, greater purpose, and authentic joy. When did you last feel truly alive? What if you could experience that feeling not just once in a while but every single day? That is the promise and goal of an Aliveness Mindset. You are fully capable of bringing the best, most vibrantly alive version of yourself into the world day after day. Aliveness is already within you, but you have to define it and find it, guard it and grow it. It must be discovered because you are unique and so is your experience of aliveness. In Aliveness Mindset, executive coach Jack Craven shares the principles and strategies he has used to lead countless CEOs and high-level business leaders into a more fulfilling, authentic life. His practices are not a series of impersonal steps or a formula to blindly follow but rather an organic process of self-understanding and personal growth. In Aliveness Mindset, you will: 1. Create your own Aliveness Mindset. 2. Learn the simple yet powerful components of the Circle of Aliveness. 3. Discover the unique way you experience aliveness and how to remain in this "Optimal State" despite the ups and downs of life. 4. Understand the seven components of an Aliveness Mindset and how they work together to power your aliveness journey. 5. Receive practical, proven strategies to restore and expand your experience of aliveness.

15 commitments of conscious leadership: Ebook: Mentoring with a Coaching Attitude: International Corporate Mentorship that Works Sylviane Cannio, Cicero Carvalho, Fisher Yu, 2023-07-07 "Such a timely and forward-looking book, especially in the era of twin transition... I genuinely hope this book will serve as a resource for inspiration for all practitioners in every aspect of modern life." Dr Riza Kadilar, EMCC Global President, Netherlands "This is an important book that provides clear, unambiguous guidance in a 'how to' structure which can assist any company that is committed to unlocking the hidden potential of its people." Frank Nigriello, Director of Corporate Affairs, Unipart Group, UK Mentoring with a Coaching Attitude explores the intersection of mentoring and coaching to offer a new toolbox that team leaders, consultants and coaches can use in their own practice. Drawing on the long history of mentoring across the world, the experienced contributors highlight the foundations of mentoring within the importance of relationships and the transmission of knowledge between humans for success. The book's three-part structure builds on the idea of mentoring with a coaching attitude and successful mentoring programmes in organisations. A range of international case studies are intertwined with the history and philosophy of mentoring throughout. Including work from Belgium, France, Morocco, China, UK, the Middle East, Brazil and Poland and in a diversity of organisations from NGOs like Médecins sans Frontières to universities and multinational companies. The case studies clearly outline how the core potential of a client or mentee can be harnessed with: •active listening •impactful questioning •creating awareness and leading to experimentation and action The book is ideal for leaders and business owners who would like to organize mentoring programmes that work and be confident that knowledge and experience is being shared between senior leaders and more junior colleagues. The book is also dedicated to coaches and consultants looking to enhance their practice and ensures they can be confident across practical and theoretical settings. Sylviane Cannio is a Master Practitioner EMCC and Master Certified Coach ICF. She was previously Vice-President of ICF, UK and Global Board member. She is also an assessor for the EMCC EIA, EQA and ESQA accreditations, co-founder and Chief Learning Officer of MentoringCo, and President of GO-TKM (Global Think-tank on Organizational Tacit Knowledge Management). Cicero Carvalho is a Senior Partner at MentoringCo, as well as a Master Practitioner IAC and member of the EMCC. He was previously National Learning & Development Lead (Brazil) at Bristol Myers Squibb and Business Excellent Director for Pfizer in Latin America. Fisher Yu is the first President of EMCC China, CEO of MentoringCo China and General Secretary of GO-TKM. He was the recipient of the EMCC Global Mentoring Award in 2021 and 2022 and is a mentoring pioneer and market leader in China.

15 commitments of conscious leadership: Thoughtful Leadership Fiona Buckland, 2021-04-20 In Thoughtful Leadership, expert Fiona Buckland offers a practical approach to authentic leadership: showing you how to lead with the mind, body, heart and soul. We need good leaders now more than ever: people who step forward, step up, and develop themselves in the

emotionally skilled art of leading others. Drawing on her work as a life and leadership coach, and an embodied facilitator, Fiona Buckland offers clear principles, processes and practices to help you understand and master the act of conscious leadership. In this book you will explore: Leading with self-awareness, and understanding your strengths and weaknesses Leading with awareness of your team, and understanding your impact on and connection with others Leading yourself, and being mindful of your inner critic Flourishing with practical activities and exercises, reflective questions to meditate on, and practices to develop in real-life situations, this is an engaging insight into how you can develop the habit of thoughtful leadership, and let it become second nature.

15 commitments of conscious leadership: *Reflections of a Rookie Dean* Prentice T. Chandler, 2018-11-01 Conversational in tone and providing highly practical advice for new deans, *Reflections of a Rookie Dean: Lessons from the First Year* chronicles the experiences of a novice college leader. Providing aspiring and new deans with insight and direction into the job of leading a college, this book is well positioned to help new leaders develop a better understanding of leadership in higher education and the challenges that new deans face. Deans, who function as middle managers in higher education, face a distinctive set of challenges. They are responsible for leading their college, implementing shared strategies, and motivating staff. But, they are also expected to enact the vision of senior leadership and mobilize support for broader institutional goals. To be successful, they must be skilled at managing both up and down the institutional hierarchy. This book provides insight into:

- Understanding what effective leadership looks like in practice
- Developing leaders in your college
- Understanding how to initiate and implement change
- Considering the ethical aspects of leading
- Understanding how your leadership and college fits within the larger university
- Strategically thinking about decision-making
- Understanding the rhythms of serving as a new dean and leader

This book is a must have for aspiring college leaders, organizers of leadership development programs, and university professors teaching coursework in higher education administration. Whether you are planning to be a college leader, are new to your role, or are looking to build capacity in your college, *Reflections of a Rookie Dean* can help you along your leadership journey.

15 commitments of conscious leadership: *Personality Isn't Permanent* Benjamin Hardy, 2020-06-16 Psychologist and bestselling author Benjamin Hardy, PhD, debunks the pervasive myths about personality that prevent us from learning—and provides bold strategies for personal transformation In *Personality Isn't Permanent*, Dr. Benjamin Hardy draws on psychological research to demolish the popular misconception that personality—a person's consistent attitudes and behaviors—is innate and unchanging. Hardy liberates us from the limiting belief that our “true selves” are to be discovered, and shows how we can intentionally create our desired selves and achieve amazing goals instead. He offers practical, science-based advice to for personal-reinvention, including:

- Why personality tests such as Myers-Briggs and Enneagram are not only psychologically destructive but are no more scientific than horoscopes
- Why you should never be the “former” anything--because defining yourself by your past successes is just as damaging to growth as being haunted by past failures
- How to design your current identity based on your desired future self and make decisions here-and-now through your new identity
- How to reframe traumatic and painful experiences into a fresh narrative supporting your future success
- How to become confident enough to define your own life's purpose
- How to create a network of “empathetic witnesses” who actively encourage you through the highs and lows of extreme growth
- How to enhance your subconscious to overcome addictions and limiting patterns
- How redesign your environment to pull you toward your future, rather than keep you stuck in the past
- How to tap into what psychologists call “pull motivation” by narrowing your focus on a single, definable, and compelling outcome

The book includes true stories of intentional self-transformation—such as Vanessa O'Brien, who quit her corporate job and set the Guinness World Record for a woman climbing the highest peak on every continent in the fastest time; Andre Norman, who became a Harvard fellow after serving a fourteen-year prison sentence; Ken Arlen, who instantly quit smoking by changing his identity narrative; and Hardy himself, who transcended his childhood in a broken home, surrounded by issues of addiction and mental illness, to earn his PhD and build a happy family. Filled with

strategies for reframing your past and designing your future, *Personality Isn't Permanent* is a guide to breaking free from the past and becoming the person you want to be.

15 commitments of conscious leadership: *Strong Ground* Brené Brown, 2025-09-23 #1 New York Times bestselling author Brené Brown returns with an urgent call to reimagine the essentials of courageous leadership. In a time when uncertainty runs deep and bluster, hubris, and even cruelty are increasingly framed as acceptable leadership, Brown delivers practical, actionable insights that illuminate the mindsets and skill sets essential to reclaiming focus and driving growth through connection, discipline, and accountability. Over the past six years, Brené Brown, along with a global community of coaches and facilitators, has taken more than 150,000 leaders in 45 countries through her Dare to Lead courage-building work. In *Strong Ground*, Brown shares the lessons from these experiences along with wisdom from other thinkers. This is a vital playbook for everyone from senior leaders developing and executing complex strategies to Gen Z-ers entering and navigating turbulent work environments. It is also an unflinching assessment of what happens when we continue to perpetuate the falsehood that performance and wholeheartedness are mutually exclusive. With equal amounts of optimism and caution about AI, Brown writes, "I hear a lot of experts trying to soothe people's anxiety about the pace of technological change by offering platitudes like, What makes us human will ensure our relevance. This is dangerous simply because, right now, we're not especially good at what makes us human. We're not hardwired for this level of uncertainty, and many of us feel as if the constant need to self-protect is driving the humanity right out of us. This is why organizational transformation today must foster deep connection, deep thinking, and deep collaboration. We need the courage to lead people in a way that honors and protects the wisdom of the human spirit." Brown offers a broad assessment of the skill sets and mindsets we need moving forward, including the capacity for respectful and difficult conversations, increased productive urgency and smart prioritization rather than reactivity, and strategic risk-taking, paradoxical thinking, and situational and anticipatory awareness skills. She identifies the toughest skill set as the discipline, humility, and confidence to unlearn and relearn. Brown writes, "Individuals and organizations are building new muscles. Finding our strong ground—that athletic stance—is the only thing that can provide both unwavering stability in a maelstrom of uncertainty and a platform for the fast, explosive change that the world is demanding."

15 commitments of conscious leadership: *Coaching Public Service Leaders* John S. Lybarger PhD MCC, 2019-10-01 Many leader development models are complex. Figuring them out (let alone implementing them) can seem impossible. Dr. Lybarger draws on his years of experience serving clients in the public sector to highlight seven practices that good leaders master in this practical, easy-to-follow guidebook. The practices are not linear but interlaced, and when woven together, they create a complex tapestry of leadership behaviors. In examining the seven practices, the author answers questions such as: • Why do some public service employees love their work and remain engaged while others disengage and do the minimum? • What does it take for love, belonging, and community to dispel fear, disengagement, and isolation? • What sustains those who are engaged and motivated to serve the public? Other topics include what leaders can do to help those who are floundering flourish, ways to promote a culture of respect, and the differences between managers and leaders. Although traditional leadership models have not kept pace with the demands of the workplace, individuals who are pillars of exemplary public service leadership can guide their public service peers to successful leadership.

15 commitments of conscious leadership: *Life, Leadership, and Langiulli* David Langiulli, 2022-04-07 We live in uncertain and turbulent times. Things wear out. Experiences fade. Circumstances change. Structures are unstable. People get sick and die. Living and leading in a turbulent and complex world requires that you "get your mind right." That means slowing down, silencing your inner critic, and accepting what is. In this collection of essays, David Langiulli shares knowledge and wisdom from ancient philosophy all the way up to present-day neuroscience and psychology in order to help you live and lead a more fulfilling life.

15 commitments of conscious leadership: *Lead Smart* Dermot Crowley, 2023-10-09 Are you

too busy to lead your team effectively? The simple truth is that leaders have never felt so distracted, so overwhelmed and so unable to find the time they need to make a real impact. In *Lead Smart*, productivity expert Dermot Crowley delivers proven strategies for cutting through the busyness and working and leading more effectively, maximising productivity for you and your team. You'll discover specific actions and solutions for shifting your focus from activity to impact — so you can direct your energy to the opportunities and challenges that matter the most. With *Lead Smart*, you'll learn how to make productivity your central priority, so you can maximise your own time as well as that of your people. To be an effective leader, you need to protect your time to think, to plan, to make good decisions and to provide clear direction. You need to be responsive and available, so you can empower your team to act in line with your organisation's goals. And you need time to coach and mentor your people, leveraging their skills, capacity and productivity. *Lead Smart* shows you how to:

- Level up your time management and personal productivity, so you can minimise distractions and noise
- Streamline how you interact with your team and delegate more effectively
- Lead the team culture from the top down when it comes to aligning priorities, managing urgency and fostering accountability
- Boost your team's productivity by building conviction, effectively negotiating workloads and deadlines and protecting the team from outside distraction
- Inspire a wider cultural change around workload productivity in your organisation through your commitment to an elite productivity philosophy

This moment in time, when we are defining a new way of working, is an opportunity for managers, leaders and executives to reflect on old mindsets, habits and behaviours. *Lead Smart* is the book you need to upgrade how you use your time, energy and focus to better thrive and inspire as a leader. This book is part of the *Smart Productivity* series, helping readers find practical solutions for better managing their time, energy and focus.

15 commitments of conscious leadership: *The Art and Psychology of Board Relationships* Joy Harcup, Helen Hopper, 2023-09-26 The relationships within boards can make or break an organisation, but well-functioning relationships take skill and effort to maintain. This book looks at the psychology behind individual and group behaviour and offers tactics and power tools to help make a success of your board career. The book shares advice and practical tips from 40 experienced board members from the worlds of corporates, the public sector and charities on how to spot and manage complex dynamics. And each chapter ends with techniques for unlocking tricky board relationships that you can put into practice immediately. The authors examine case studies and explore topics such as psychodynamics, cognitive behavioural psychology and neuroscience for insights into how boards react under pressure. They then demonstrate how to practise the ART of managing board relationships by increasing Awareness, Relating constructively to others, and choosing Tactics to ease tensions and foster collaboration. *The Art and Psychology of Board Relationships: The Secret Life of Boards* reveals why board relationships lie at the heart of organisational success – and how you can use them to gain competitive edge. It is essential reading for current and aspiring board members, coaches, facilitators and anyone with an interest in boardroom dynamics.

15 commitments of conscious leadership: *Choosing Wholeness Over Goodness* Elise Loehnen, Courtney Smith, 2025-08-26 A provocative interactive workbook that leads us to reclaim our true selves so we can find the peace and well-being we deserve. With the publication of her electrifying New York Times bestseller *On Our Best Behavior*, Elise Loehnen—often deemed “our culture’s therapist”—offered a groundbreaking exploration of the rules women unwittingly follow in order to be considered good. She illuminated the centuries-old code of conduct that keeps us disempowered, exhausted, anxious, and disconnected—even from ourselves. In *Choosing Wholeness Over Goodness*, Loehnen partners with Courtney Smith, a renowned Enneagram expert and coach, to share tools they have learned from the visionary healers, thinkers, and therapists that prompt readers to dig into the stories they tell themselves. These tools guide us to peel back the layers of cultural programming that prevent us from expressing our full potential. The paradigm-shifting process Loehnen and Smith teach on the pages of this workbook reveals the answers to the questions that tug at our souls: Who am I? What do I want? What’s standing in my way?

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