



Panther Power Corporation

A world transformed from inside Out

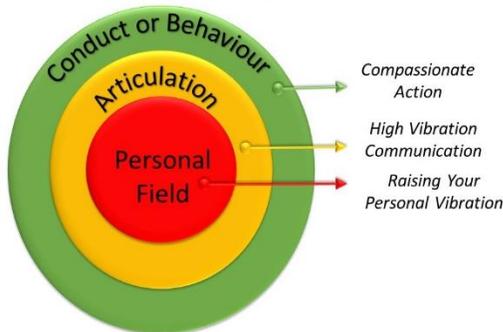
The Ultimate Guide to Heart-Centered Leadership:

Workshop overview

In this document, you will find a summary of the workshop content. The **Exercises** section contains step-by-step set instructions for the practices you participated in during the workshop. Refer to the **Further Study and Enrichment** section to see how you can take your journey to the next level.

The Leadership Eco-System

The Leadership Eco-System



The Leadership Eco-System consists of three inter-related segments – Personal Field, Articulation, and Conduct/Behaviour.

Personal field refers to the quality of our emotions as encoded onto the magnetic field surrounding our body. One experiences this by ‘feeling’ the surroundings or ‘sensing’ another individual’s emotions.

Regenerative emotions such as gratitude, appreciation, and courage charge our energy, improve our well-being and counteract symptoms of stress. Each heart-beat creates an electric pulse and a magnetic field that extends beyond the body for about five to eight feet (or even further). There is strong evidence that the magnetic field is multi-dimensional.

A related term associated with Personal Field is Coherence – a state in which the heart-mind connection is clear and un-distorted resulting in clarity of thought, faster reaction times, and increased intelligence. A state of coherence gives rise to feelings that uplift, elevate, inspire and give hope to the individual experiencing it. Follow the exercise in Practices section below to practice building a coherent personal field.

Articulation refers to our ability to say things that uplift, elevate, inspire, and give hope to others. To be able to articulate in this way, one must develop emotional intelligence. The first level of emotional intelligence mastery is to practice the “I Feel – I Think” game. This game is played by randomly picking emotions and stating for example, “I feel happy when I think about the weekend”.

Conduct/Behaviour is how the personal field and articulation translate into behaviour. A good role model of a Heart-Centered leader who has a well-aligned Leadership Eco-System is Jascinda Ardern , the Prime Minister of New Zealand.

Exercises

Building a Coherent Personal Field

1. Place Awareness in heart area
2. Take Slow, Deep Breaths (5 seconds in , 5 seconds out)
3. Imagine these flowing in and out of the heart area
4. Experience regenerative emotions

The above practice has been developed by the Institute of HeartMath. A variation on the above is to move the awareness (step 1 above) a few inches beyond the heart area and sense the space.

Developing Emotional Vocabulary

Follow the steps below to play the game to help you formulate neural pathways so that you can articulate your feelings intelligently when called upon to do so. Note the following before playing the game.

1. The game is designed for self-development purposes only and **not** for coaching or supporting others who may be experiencing emotional distress.
2. Play this game with up to three players and may be modified to play alone
3. Establish how long you will play the game. The game ends when time runs out.
4. Always start and end the session with the 'Building a Coherent Personal Field' practice
5. Always end the game with appreciating other players and, if appropriate, say something specific about your experience in playing the game.
6. No players should respond to any statement other than perhaps saying, "thank you for sharing."
7. Any player can pass on an emotion any time (they can choose another one)

If you are not experiencing joy while playing this game, you are not playing it correctly. See contact information at the end of this document if you need to consult a trained coach .

Game: The Feel-Think Connection

The steps below assume you have a set of Emotions Card Deck. You can play the game without the deck by writing different emotions on a piece of paper and randomly drawing them.

1. Shuffle the cards and place the pile face down in the center.
2. Each player takes a turn drawing a card
3. Player one makes an "I feel...I think" statement. For example:
 - "I feel nervous because I think I am not prepared for my class,"
 - "I feel nervous when I think about the first day of school."
 - "I feel nervous if I think about what I'm going to do that day."
 - "I feel nervous. I think I should prepare more for my class."
 - If the other player does not make an "I think" statement, ask them, "And what do you think?"
4. The next player repeats the process

If playing by yourself, draw a card and make the statement out loud if possible (if not, make the statement in your mind).

Game: Asking Permission

1. For three players, establish the order of progression (e.g., clockwise means person to the left responds, etc.)
2. Perform steps one and two in Game #1.
3. Player one makes an "I feel " statement followed by asking permission. For example:
 - "I feel <emotion>, may I share...? "
 - " I feel <emotion>, would it be all right if I explore this with you?"
 - " I feel <emotion>, would you be open to help me work through this?"
4. The next player (based on the order of progression) acknowledges the feeling in a neutral or matching tone (if appropriate) and responds in the affirmative (say yes)
5. The initiating player then finishes the "I feel.. I think" statement

Further Study and Enrichment

Your Monday Morning Espresso Shot



Join Shamir live online each Monday at 9 AM (MDT) for a 15-minute session featuring balanced breathing practice and exploring a different topic each week. Join Spark membership for free to access this program and receive access to the replay. For more information on this free online program, please click on IgniteFromInsideOut.com/espresso

Complimentary Transformational Coaching Consultation



Elevate your game by enhancing your leadership eco-system from within. Master powerful approaches that will enable you to follow your passion and lead with purpose in all areas of your life. Schedule your complimentary 30-minute consultation to discuss how transformational coaching may benefit you. Schedule your appointment by clicking on this link: [Schedule Complimentary Consult](#)

About the Facilitator

Shamir S. Ladhani, P.Eng., M.Eng



Shamir is a former Vice-President of ENMAX Power Corporation with over twenty years of experience in managing professional, trades and administrative staff. He is a transformational leader whose mastery of motivating and inspiring others helped his team of fifty-four to navigate through shifting organizational and regulatory changes successfully. Shamir left ENMAX in 2014 and founded Panther Power Corporation to pursue his passion for empowering others to tap into their highest potential. He is an executive coach and has been invited to deliver training programs, workshops, and lectures in Canada, the United States, Europe, and Mexico. Contact Shamir at shamir@panther-power.com or (587) 432-7604

