

Leadership Yoga - staying grounded in uncertain times

Presented by
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What is Yoga?

“The word yoga, from the Sanskrit word yuj, means to yoke or bind, and is often interpreted as ‘union’...”.

“Yoga is not a religion. It is a philosophy that began in India an estimated 5,000 years ago.”

“Even within the physical practice, yoga is unique because we connect the movement of the body and the fluctuations of the mind to the rhythm of our breath. Connecting the mind, body, and breath helps us to direct our attention inward.”

<https://www.yogajournal.com/meditation/yoga-questions-answered>

What is Leadership Yoga?

A way of thinking of leadership as an integrated practice -

- skills, ways of acting, ways of being
- being able and willing to be oneself as a leader (warts and all)
- being able and willing to learn and grow in one’s practice of leadership
- respect for self and others
- ethical use of the power of positional leadership

Preparation

Breathe

“When you’re feeling stressed, your breath becomes more rapid and shallow. Take some deep breaths which will reduce your stress level almost immediately.” Dean Ornish, M. D.

Self-Awareness

But why is awareness important? When you act without awareness – you are like a sleepwalker, who doesn’t know where he is walking. You just act on the strongest impulse – your mind controls you. However, when you act with awareness, you are in control of your mind. Your senses become so clear that they can perceive better, see better, think better, hear better.”

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Intention

“To be a good leader, you have to be a good communicator. As a leader you have to communicate your intent every chance you get, and if you fail to do that, you will pay the consequences.” William H. McRaven

“An intention also acts as a reminder throughout your yoga practice when your mind wanders or becomes distracted.” Nicky Shera

The Work

Strength

“Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved.” Mattie Stepanek

Balance

“Falling out of balance doesn’t matter, really and truly. How we deal with that moment and how we find our way back to center, every day, again and again - that’s the practice of yoga... it’s about trusting you will find your way.” Cyndi Lee

Stretch

“Risk-taking is definitely something that can be learned.... In fact, the process is quite simple. Try new things. Be creative. Put yourself in situations that are slightly uncomfortable — stretch.” Lorraine Matusak

Energy

“When our physical energy slumps, so does the quality of our decisions.” Michael Hyatt

Twists

“No matter what twists and turns your life offers you, your ability to be adaptable and flexible will help you stay open to all of the hidden gifts the difficulty may offer.” Mandy Ingber

Closing

Savasana

“...everything begins with knowing what you’re doing, why you’re doing it and how you’re doing it. Leaders who don’t take time to reflect regularly on themselves and where they’re headed risk bumping into (avoidable) failure time and time again.” Roshan Thiran