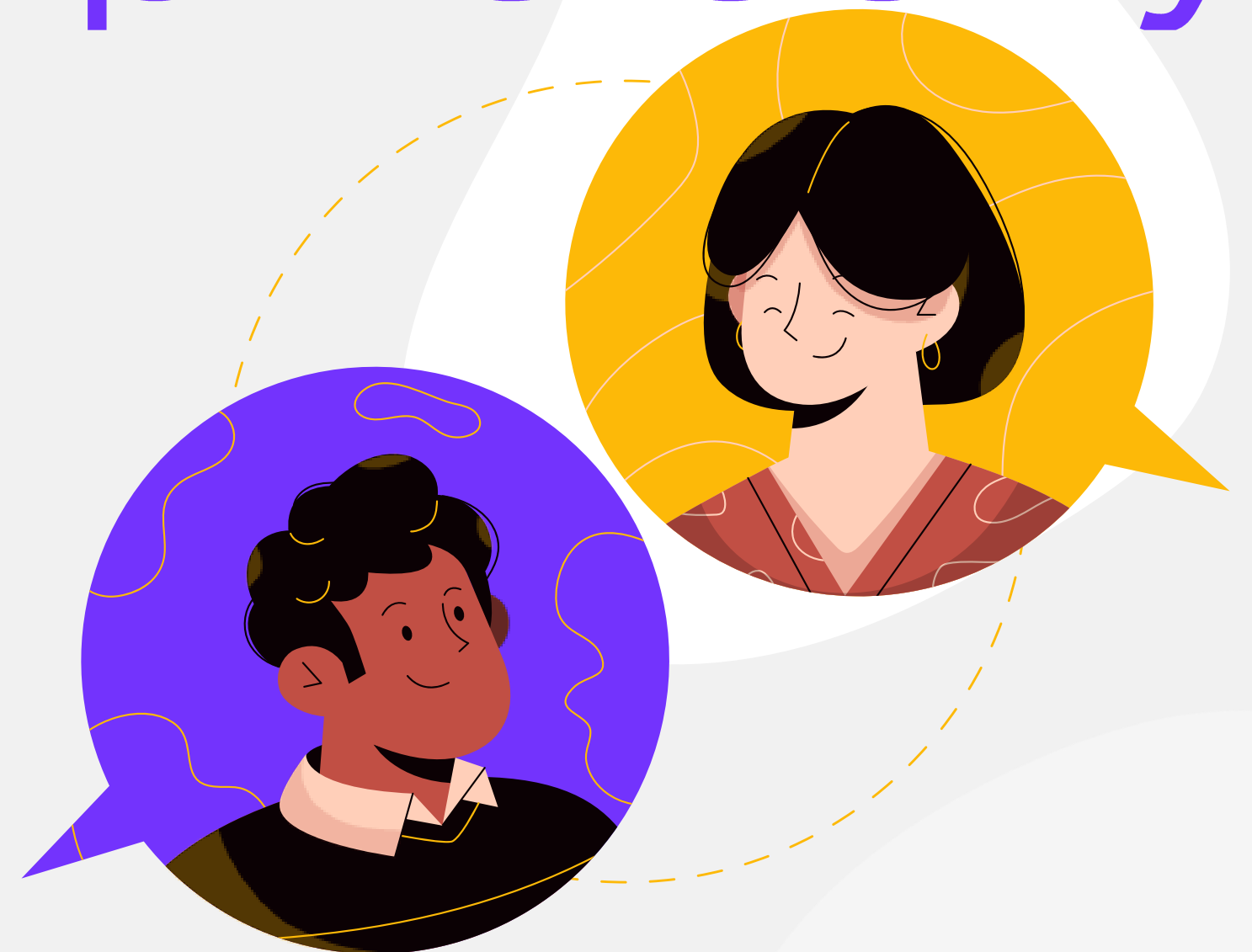




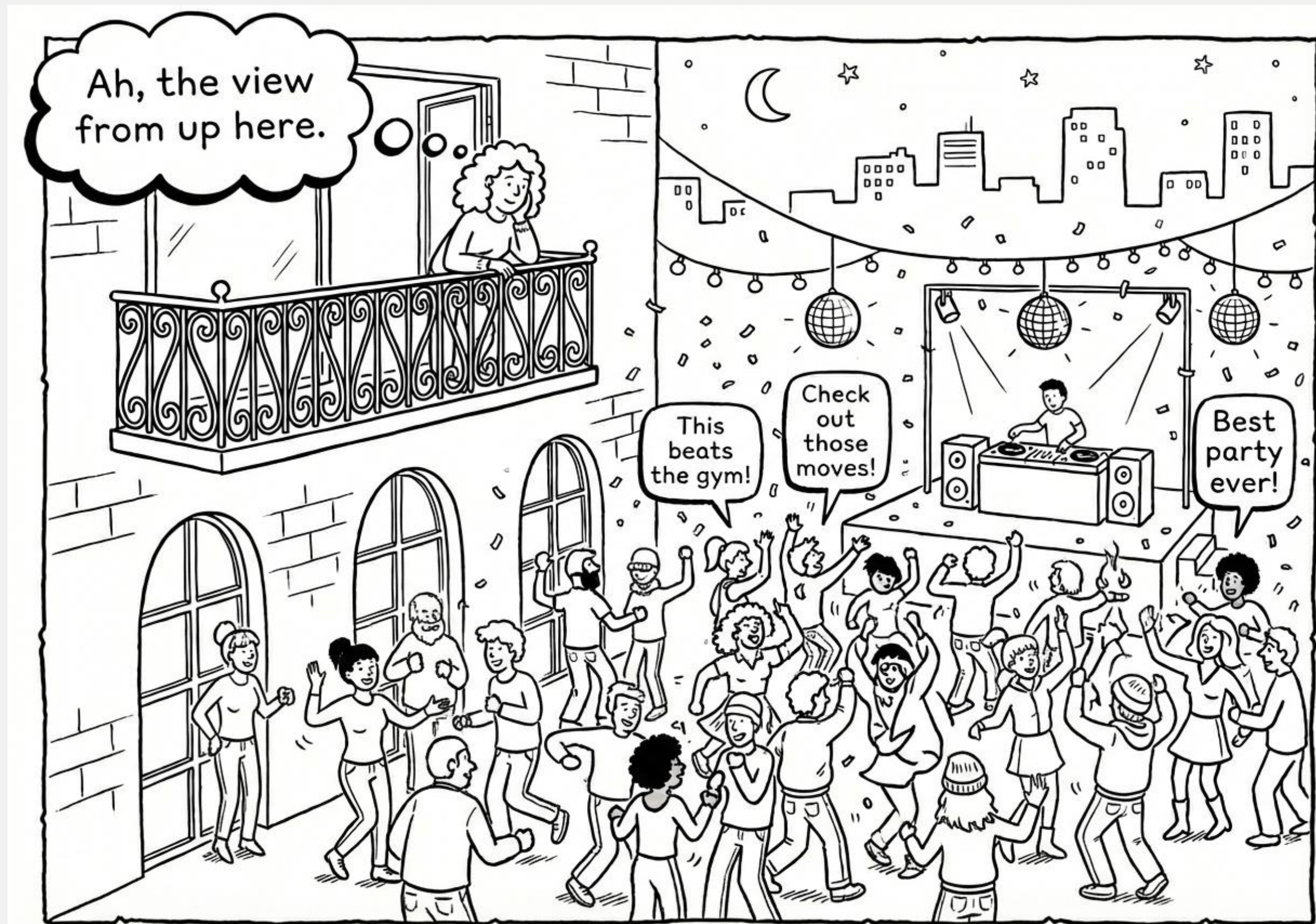
# Conscious Leadership: Mastering Agility From The Leadership Balcony

Shift Your State.  
Reframe Your Story.  
Lead with Purpose.



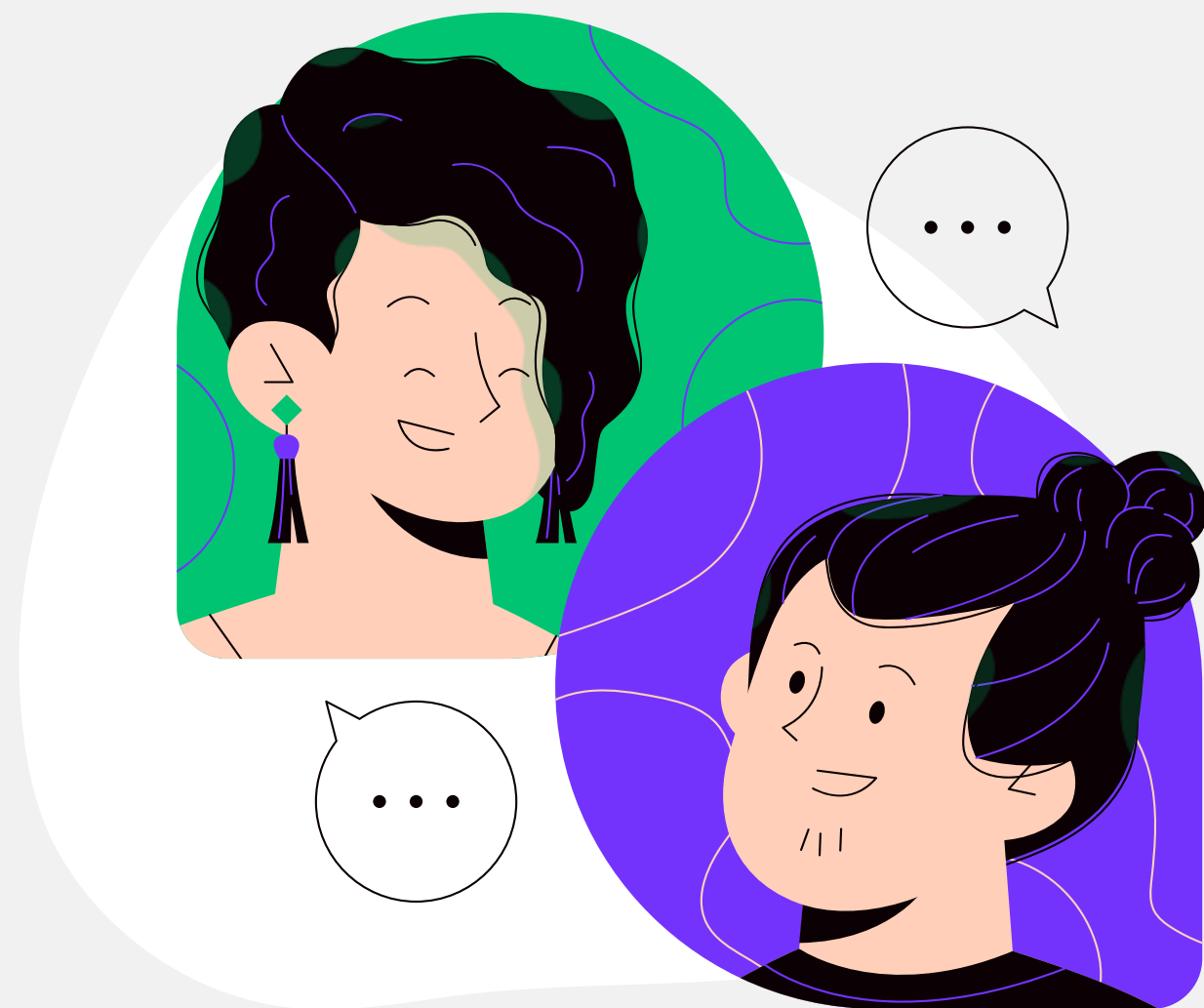


# The Leadership Balcony





# The Conscious Leadership Model



**Phase 1:**

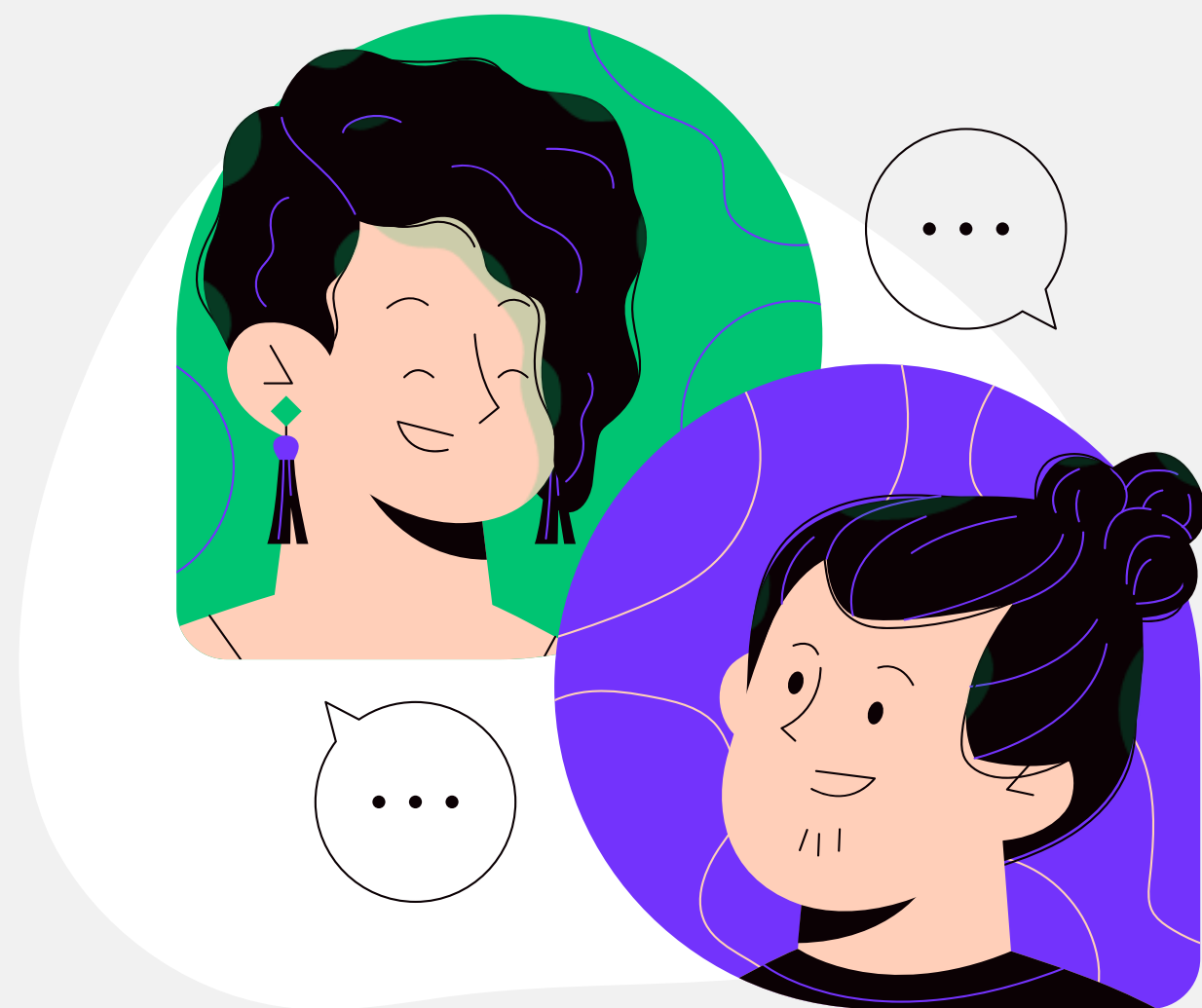
**Applying Transformational  
Strategies**

**Phase 2:**

**Phase 3:**



# The Conscious Leadership Model



**Phase 1:**

**Mastering Your State  
of Being**

**Phase 2:**

**Curating Your Library  
of Stories**

**Phase 3:**

**Applying Transformational  
Strategies**



# Ryan Bouda

Leadership & Culture Specialist with  
LEAP Training & Coaching

Industrial and Organizational  
Psychological Doctoral Student

Worked with Habitat for Humanity,  
NASA, HCA, and National Safety Council





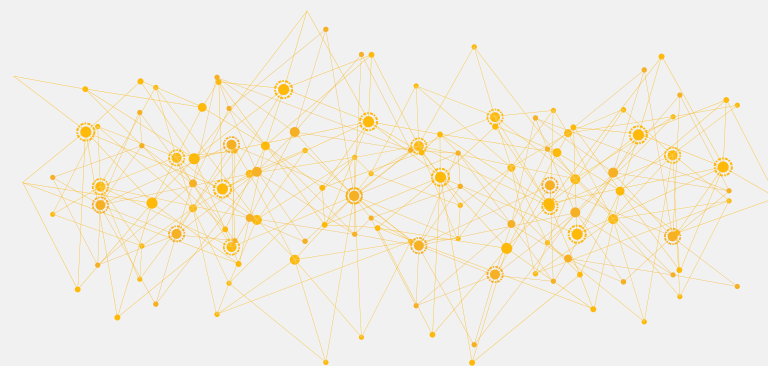
# Reactions to the Dance Floor

Fight

Freeze

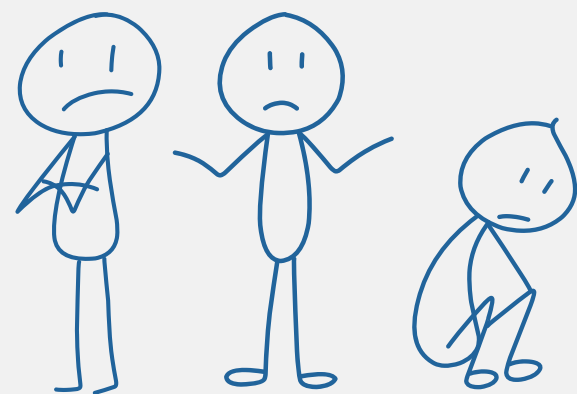
Flight

Appease



# Mastering Your State of Being

## Noticing Our Energy and Body Language





I am...

Statements





I am... Intelligent.

I am... Bold.

I am... Kind.

I am... Respectful.

I am... Courageous.

I am... Empowering.

I am... Compassionate.

I am... Strong.

I am... A person of action.

I am... Someone who follows through with things.

I am... Someone who cares deeply about others.

I am... Someone people can count on.

I am... A leader who inspires their team.

I am... A leader who empowers their teams.

I am... A leader who achieves their goals.





# Neurobiology

## Rewiring

**I am...** Statements

**My (quality)...**

- Says
- Tells me
- Wants me to remember
- Wants me to focus on
- Hear





# Brain Break





# Brain Teasers


Try and figure out what the pictures are trying to say.



1. **concern**


2. → of all  
of all  
of all


3. or Ø  
or Ø

4. **A**  
**M**  **N**

5. **DDD** 

6. **HEAD**

7. 

8.  Spring  
Summer  
Autumn  
Winter

9. STAND  
I



# Curating Your Library of Stories



## Serve Us

What **Stories, Labels,** and  
**Self-Limiting Conversations**  
have I curated?

What is the **impact** of  
these **stories**?










# Courageous Conclusions

**What new stories  
would serve your  
goals, dreams, and  
relationships?**





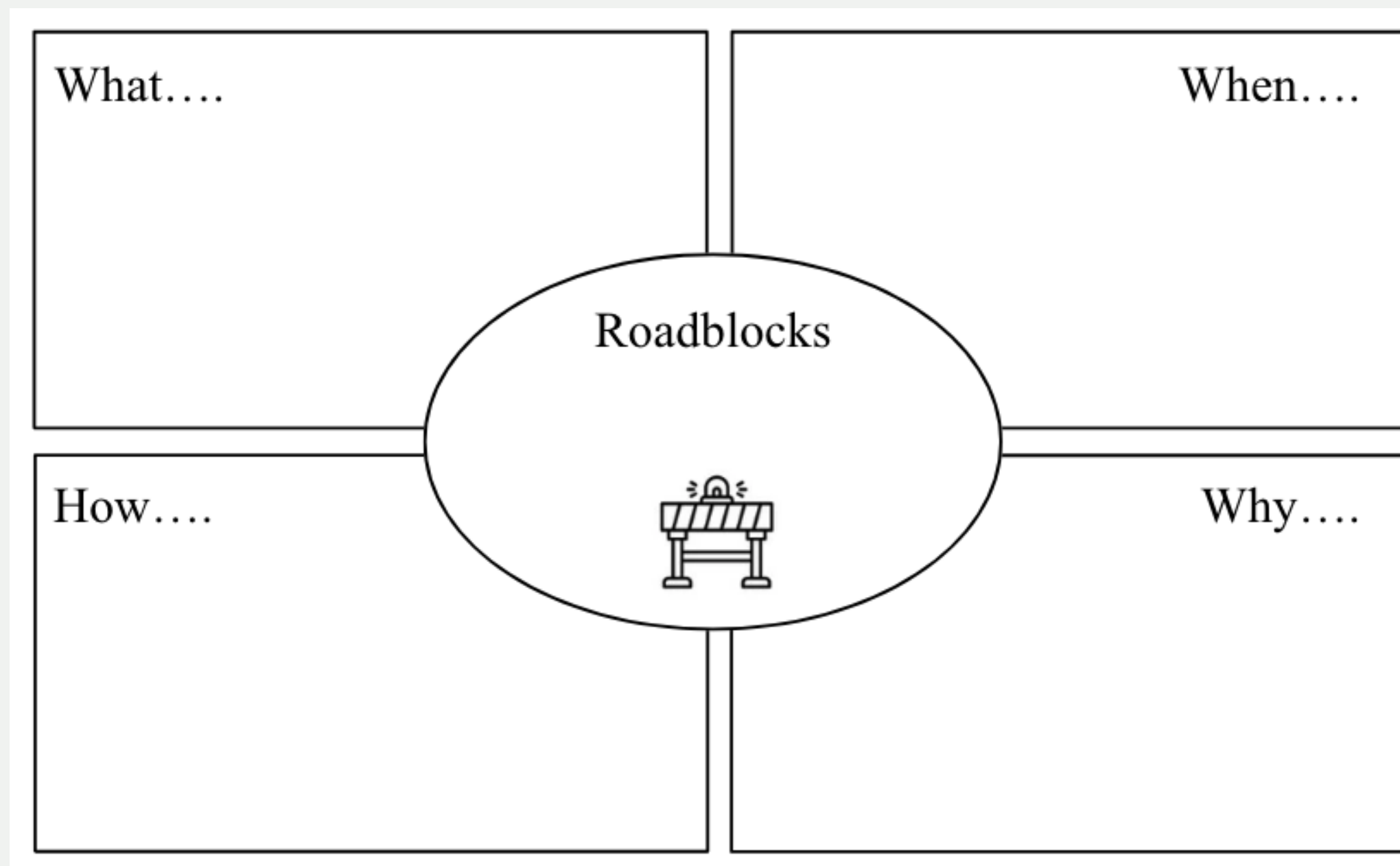
# Courageous Conclusions

-  This person wants to do a good job.
-  This person wants to contribute to the team.
-  This person is doing their best.
-  This person has the capacity to learn and grow.
-  This person cares about our team/our success.
-  This meeting is important to our team's continued success.
-  This procedure helps ensure continuity for customers.



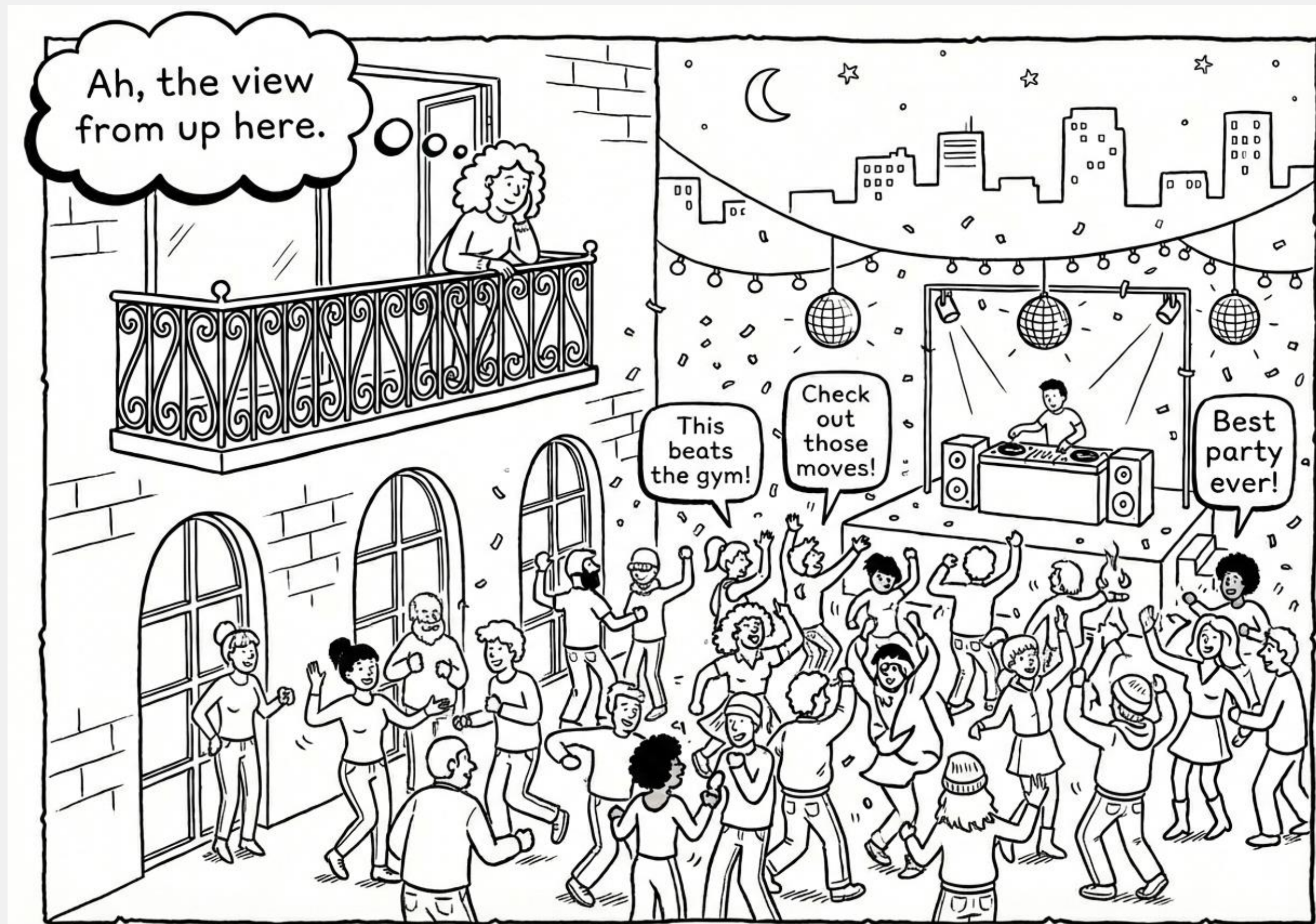
# Applying Transformational Strategies

Reacting to  
Responding





# The Leadership Balcony





# The Leadership Balcony Resources



Unlock your potential with our complimentary gift—  
treasure trove of valuable resources designed to  
empower you on your journey to leadership success.



# Biggest Learnings

AHA

DUH

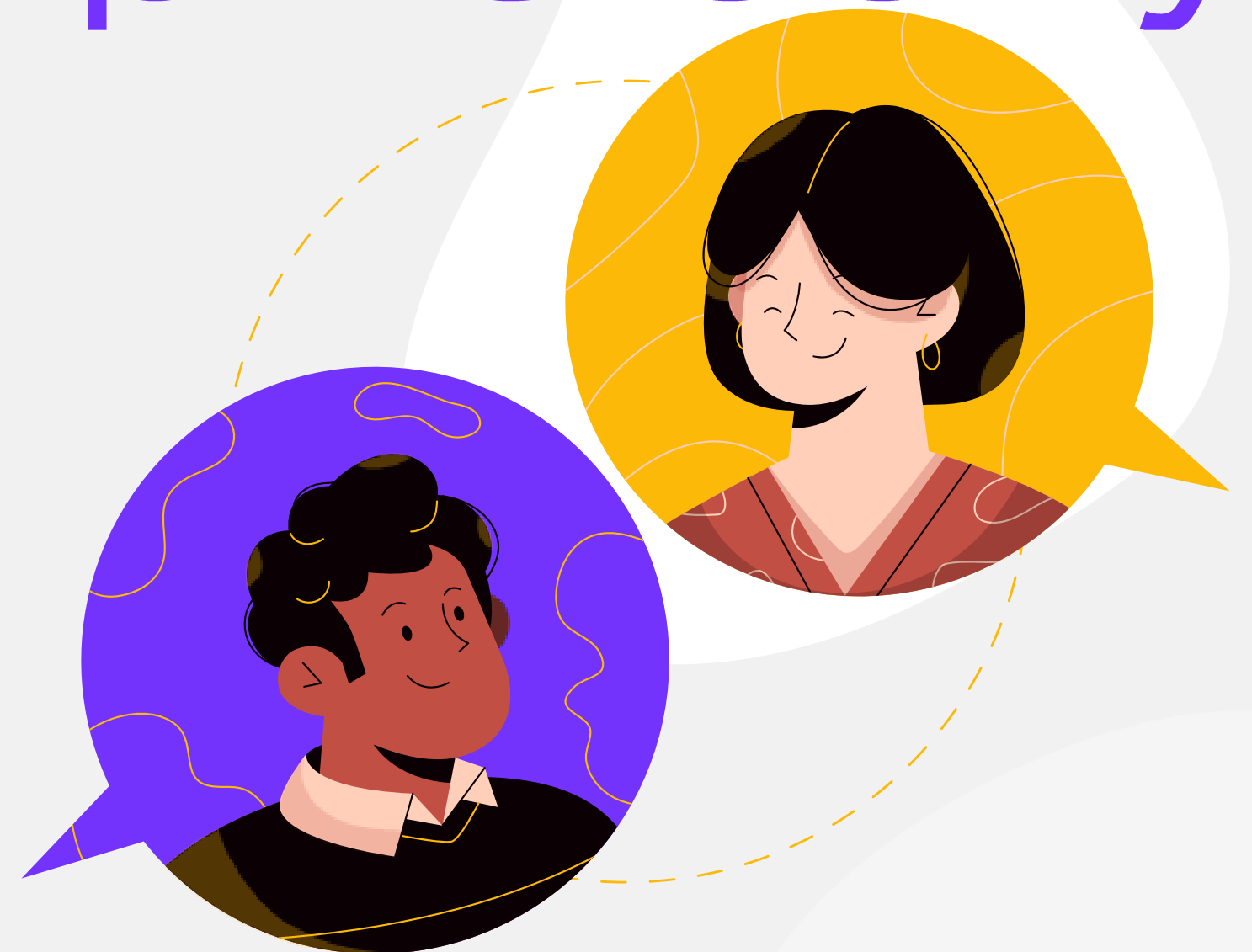
SHAZAM





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# Ryan Bouda

Website



LinkedIn



AUTHORIZED PARTNER  
EVERYTHING DiSC  
A Wiley Brand

