



**BOOK CLUB: THE 15
COMMITMENTS OF
CONSCIOUS LEADERSHIP**

Session One



INTRODUCTION

- Who we are: Tracy and Melissa
- Who you are: In the chat, share where you are from and what you hope to gain from this book club discussion.
- Norms of participation

WHY THIS BOOK: LEADERSHIP OF SELF

Most leadership professional learning focuses on leadership of others and leadership of organizations.

Yet the most important leadership is leadership of the self.

Conscious leadership helps us frame our situations and develop our self awareness – our internal relation to reality.



INTRODUCTION: LEADING FROM ABOVE THE LINE



PAGE 15

Above the line = open,
curious, committed to
learning

Below the line = closed,
defensive, committed
to being right



INTRODUCTION: KEY IDEAS

Page 17: Why do we “need” to be right? Becoming aware of the role of our ego

Page 21: How are we talking about the content of the conversation? Are we above the line?

Page 23: What is an unconscious leader? Someone who lacks responsiveness to the people and environment around them, cut off from authentic experience.

- Reactive, not tuned in
- Anger issues
- Unconscious fear
- Stuck in patterns like fault and blame

Page 26-40: Four Ways of Leading

- As me: oneness of reality; I am not separate from my environment
- To me: pointing to externals; the causes are outside me
- By me: taking radical responsibility; I am the cause of my experience
- Through me: in flow; life’s highest idea of itself manifested through me

COMMITMENT ONE: TAKING RADICAL RESPONSIBILITY

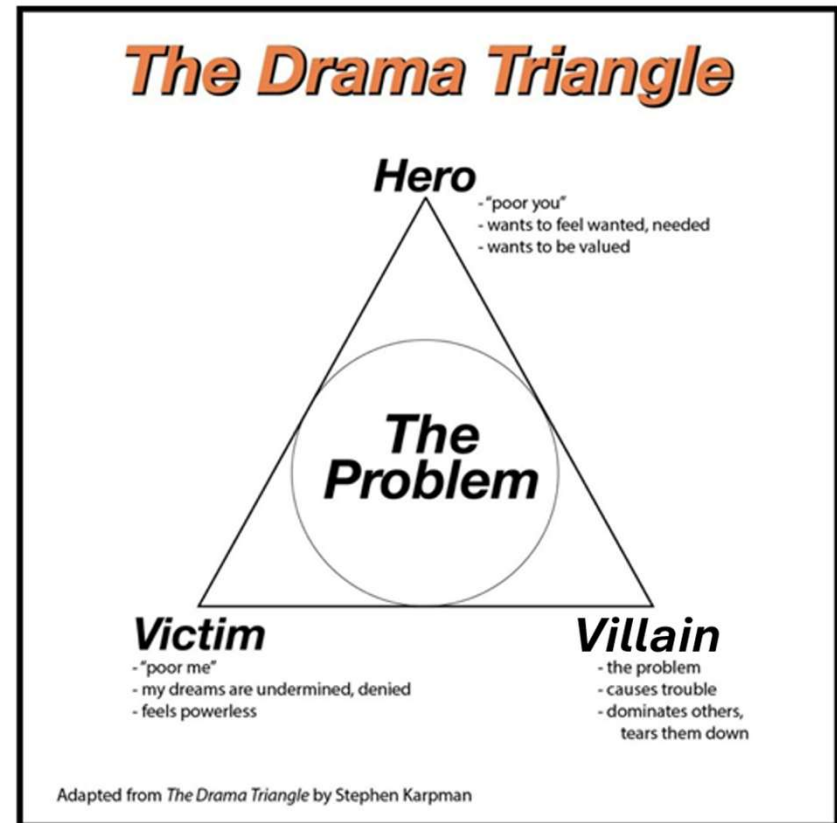


I commit to taking full responsibility for the circumstances of my life and for my physical, emotional, mental, and spiritual well-being. I commit to supporting others to take full responsibility for their lives.

I commit to blaming others and myself for what is wrong in the world, I commit to being a victim, villain, or a hero and taking more or less than 100% responsibility.

COMMITMENT ONE: KEY IDEAS

- Pages 48-50, The Victim-Villain-Hero Drama Triangle. A way to avoid responsibility. We blame others or ourselves out of fear, a very powerful motivator.
 - Victim
 - Villain
 - Hero
- Page 49, The Negative Residue. Operating in the drama triangle can cause resentment, bitterness, low learning, demotivation, and demoralization.
- Page 50, Taking Responsibility. How can we view our circumstances, well-being, and the support of others through a lens of radical responsibility, giving us an internal locus of control? *Note: taking responsibility is not the same as blame.*
- Pages 52-53, Three Steps. What if there is no way the world “should” be? How might we shift from rigidity, closed-mindedness and self-righteousness to curiosity, learning, and wonder. How might we feel gratitude for whatever is occurring in our lives?
- Page 54, Encouraging Others. Form relationships with others who make a conscious decision to take 100% responsibility



COMMITMENT TWO: LEARNING THROUGH CURIOSITY



I commit to growing in self-awareness. I commit to regarding every interaction as an opportunity to learn. I commit to curiosity as a path to rapid learning.

I commit to being right and to seeing this situation as something that is happening to me. I commit to being defensive, especially when I am certain I am RIGHT.

COMMITMENT TWO: KEY IDEAS

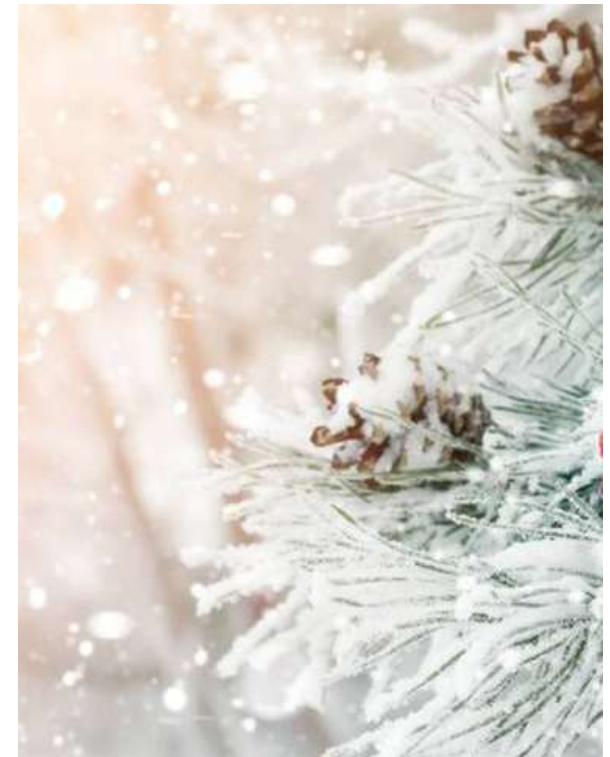
Page 61, Greatest Predictors of Success. Self-awareness and learning agility (leadership of self) and communication and influence (our interactions with the world).

Page 64, Being Right. How much do we focus on wanting to be right, fighting to be right, proving we are right (attachment to the ego), as opposed to being right?

Pages ... Drift/Shift. Take a breath – am I below the line? Return to the present.

Page 70, Ways to Drift. See table. Which is your favorite go-to?

Page 71, How to Shift. Breathing, posture, wonder – take the risk, let go.



What is your favorite way to drift? (p. 70)

Anticipating	Editing	Justifying	Compromising	Getting Serious	Seeking Approval
Apologizing	Emailing	Looking Interested	Compulsive Working	Getting Shy	Sexual Activity/Porn
Arguing	Exercising	Making Lists	Concealing	Getting Sick	Shopping
Being A Good Student	Explaining	Managing	Controlling	Getting Silly	Sleeping
Being Disorganized	Evaluating	Organizing	Correcting	Getting Wordy	Smiling
Being Misunderstood	Facebooking	Planning	Coughing	Gossiping	Spacing Out
Being Overwhelmed	Figuring It Out	Policing	Day Dreaming	Ignoring	Texting
Being Sarcastic	Freezing	Procrastinating	Defending	I'm Not Enough	Trying Hard
Blaming	Getting Busy	Protecting	Dismissing	Injuring Yourself	Venting
Body Aches	Getting Confused	Proving	Doing it Right	Intellectualizing	Waiting
Checking the Phone	Getting Distracted	Questioning	Doubting	Internet Surfing	Watching TV
Cleaning	Getting Embarrassed	Rehearsing	Drinking	Interpreting	Withdrawing
Comparing	Getting Enlightened	Rising Above It	Drugging	Interrupting	Whining
Complaining	Getting Righteous	Rushing	Eating	Judging	Worrying

READING SCHEDULE

Session	Date	Topics	Pages
Session One	January 15	Introduction, Commitments 1-2	1-79
Session Two	January 29	Commitments 3-5	80-151
Session Three	February 12	Commitments 6-8	152-203
Session Four	February 26	Commitments 9-12	204-265
Session Five	March 12	Commitments 13-15	266-321



THANK YOU!