

Accelerated Action Guide for the Leadership By Conscious Design Interview Series

I created the Accelerated Action Guide to accompany the Leadership By Conscious Design Interview Series so that you can save time and jump right to key spots in the interviews. With that being said – in addition to the key spots, there is amazing content in each of the interviews that I highly recommend you explore. I strongly urge you to listen to each interview one at a time, from beginning to end, at least twice to access the wisdom, practical tools, and the stories that are offered by the leaders in the series. Also be sure to review the excellent resource at the end of the Accelerated Action Guide that references noted leadership authors, books, and tools.

The six authentic leaders in the Leadership by Conscious Design Interview Series have stepped up to provide you with – ***Insider's Secrets to Great Leadership***. You'll hear timeless pearls of wisdom that will strengthen your leadership capacity and enrich your life!

To your success!
MaryAnn D'Ambrosio, Ph.D.
Lead Out Loud Now!
"Inspirational Leadership Thru the Power Presence"

Accelerated Action Guide

Leadership By Conscious Design Interview Series . . . “*Insider’s Secrets to Great Leadership*”

David O’Brien (CD #1)



www.workchoicesolutions.com

- ✓ Great Leaders share common denominators . . . (7:01)
- ✓ David places a high premium on staying grounded – find out why . . . (11:00)
- ✓ Business can be serious – learn why it’s important to add humor and lightness to a leadership style . . . (16:47)
- ✓ Hear what Dave has to say to early career, high potential folks who ask: “Am I at a disadvantage because I haven’t figured it all out?” . . . “Am I at a disadvantage because I haven’t had all of these lessons yet?” . . . (24:20)
- ✓ Learn what Dave identifies as most significant in leadership effectiveness . . . (28:16)

1. What’s your definition of great leadership? (3:13)

2. As a leader, how do you build trust with your peers, your colleagues, and then with the people you lead? (5:20)

3. What is Conscious Leadership? (7:59)

4. Why do you need to become a leader in your own life first – before you can lead others, or really be a great leader? (8:47)

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5. When something comes up that’s unexpected and it can potentially throw your focus off, what do you do to keep centered or grounded? (13:18)

6. What role does communication play in authentic leadership? (19:51)

7. What words of wisdom can you offer new or aspiring leaders as they navigate the waters of leadership? (26:02 & 28:59)

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Elizabeth Agnew (CD #1)



www.integrativeleadershipstrategies.com.

- ✓ Every time you move or change locations (in business or in your personal life) – it’s a chance to develop this . . . (3:28)
- ✓ Find out what usually gets put on the backburner for engineers and technical professionals in the workplace . . . (4:19)
- ✓ Learn what’s key in developing intuition . . . (6:10)
- ✓ Hear what Generation Y is “demanding” and “craving” in the workplace . . . (17:15)
- ✓ Listen to why Liz encourages people to throw away “leadership” as a buzzword . . . (25:18)

1. What do you see as the heart of great leadership? (4:04)

2. Liz, you work with engineers and technical professionals who tend to be very logical or linear. How does intuition serve leaders in business? (5:13)

3. The business world is changing and it’s no longer business as usual. What’s your definition of a conscious leader? (9:43)

4. In hosting a workshop on the art and science of great leadership for a group of engineers and technical professionals, what would you want them to remember and to practice? (15:57)

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5. Why is it important for leaders to add humor and lightness to their leadership style? (18:07)

6. In what ways can a leader engage people in their organization to be creative, flexible, smart, and resilient? (21:04)

7. What words of wisdom can you offer new or aspiring leaders? (23:39)

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Stacey Hentschel (CD #2)



www.quantumintegrations.com

- ✓ Each and every person has something that they’re here to contribute . . . (2:52)
- ✓ Learn what it takes to have an organization flourish . . . (9:15)
- ✓ Discover why conscious awareness is important . . . (12:30)
- ✓ Stacey says: “The most important thing in conscious leadership is to develop safety with each other . . .” Learn why it’s important. (12:49)
- ✓ A project that could take hours and days and days to be completed can be completed very quickly when we’re in this particular space . . . (13:30)
- ✓ Learn what corporations sometimes forget about communication . . . (20:08)

1. In working with over 500 businesses and thousands of individuals, what do you see as the heart of great leadership? (3:55)

2. When do we, as leaders, get blocked in our own leadership? (7:48)

3. There is an immediate need in corporations and businesses for conscious leadership. Stacey, what’s your definition of a conscious leader? (9:58)

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4. Hear Stacey’s definition for “being in the zone.” (13:15)

5. How can leaders build trust with peers, colleagues, and the people they lead? (15:09)

6. In what ways can we develop the innate intelligence that every single one of us has? (22:28)

7. Stacey provides words of wisdom that can inspire new or aspiring leaders. (35:12)

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Leadership By Conscious Design Interview Series . . . “*Insider’s Secrets to Great Leadership*”

Patricia Varley (CD #2)



www.patriciavarley.com

- ✓ Listen to the quote – by the great philosopher, Lao Tzu – that Patricia uses whenever she does a leadership workshop . . . (5:32 – 5:52)
- ✓ Learn what Patricia means by “reinventing success from the inside out” . . . (7:02)
- ✓ A transformational leader has the willingness to be creative and step into a new paradigm. You’ll want to listen to this especially if something isn’t working in your company . . . (8:32)
- ✓ Discover what’s different about transformation versus change . . . (12:15)
- ✓ Transformative leaders ask themselves these questions . . . (15:15)

1. You’ve worked with many leaders. What is at the heart of great leadership, Patricia? (5:23)

2. Learn why it’s very important to be a leader in your own life first before you can lead others. (6:56)

3. Patricia, what might a self-inventory look like? (8:10)

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4. What’s your definition of a conscious leader? (10:28)

5. What steps are necessary to transform yourself as well as your work environment? (11:43)

6. What are some tools or techniques that would enhance effective leadership and help individuals navigate through these changes or transformations? (14:29)

7. What would you like to leave our listeners with about great leadership – conscious leadership? (23:11)

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Leadership By Conscious Design Interview Series . . . “*Insider’s Secrets to Great Leadership*”

Sandra LeMieux (CD #3)



www.lemusing.com

- ✓ Learn how Sandra defines herself . . . (2:39)
- ✓ What Sandra considers the heart and soul of great leadership . . . (4:05)
- ✓ Listen to how leaders guide others . . . (7:43)
- ✓ “. . . a true conscious leader knows how to laugh at themselves, and when they can laugh at themselves, they don’t judge others . . .” and there’s more . . . (9:53)
- ✓ When this is in place, people tend to shut down and companies lose their creative wisdom . . . (19:09)

1. What would you consider to be at the heart of great leadership? (3:39)

2. What’s your definition of a conscious leader? (6:00)

3. In what ways can a leader add humor and lightness to the workplace? (9:48)

4. How can a leader get individuals within the organization to be more creative, flexible, smart, and resilient? (11:42)

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5. What do you mean by: “look at an organization holistically?” (14:19)

6. How does spirit or spirituality fit in with leadership? (22:32)

7. Sandra, what words of wisdom can you offer new or aspiring leaders? (24:03)

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Leadership By Conscious Design Interview Series . . . “*Insider’s Secrets to Great Leadership*”

Andrea Woolf (CD #3)



www.wakeupabundant.com and www.andreawoolf.com

- ✓ Learn the three “Cs” of true leadership . . . (6:29)
- ✓ In leading others, authenticity is the name of the game – find out why . . . (9:36)
- ✓ Andrea says: “Leaders can come from surprising places. It isn’t necessarily the highly experienced that necessarily are the best leaders.” Andrea shares a story . . . (11:15)
- ✓ Andrea encourages everyone she works with to show up as a leader. Listen to a great example . . . (13:02)
- ✓ You will hear what all leaders can do to build their team and it’s absolutely free . . . (20:37)

1. Andrea, what’s at the heart of great leadership? (4:00)

2. How does someone prepare for the leadership role? (9:55)

3. There’s so much change going on in the world right now and it really is no longer business as usual. There is an immediate need in corporations and in business for conscious leadership. Andrea, what’s your definition of a conscious leader? (15:16)

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4. If you have a team that’s unhappy with each other – check out this tool to help your group: *The Five Dysfunctions Of a Team* by Patrick Lencioni. (18:39)

5. How can leaders add humor and lightness to their leadership style? (22:29)

6. In what ways can a leader engage people in their organization to be creative, flexible, smart, and resilient? (24:34)

7. Andrea, if you could give new or aspiring leaders, including new individuals to a company, some words of wisdom, what would they be? (30:38)

Notes:

Your Leadership Reference Guide
Books, Authors and Tools referenced in the Interview Series

Books

The Navigators Handbook: 101 Leadership Lessons for Work and Life, by **David O’Brien**

Tapping Your Leadership Wisdom, by **David O’Brien**. This book is expected in bookstores in the spring of 2010.

Power Tools - Top Executive Coaches Put You On The Fast Track to Success – featured author Patricia Varley

Patricia Varley’s workbook and manual . . . ***Because You Matter: 10 Heart Centered Principles for Living the Life You Desire***

Ignite Your Life! How to Get from Where You Are to Where You Want to Be, by **Andrea Woolf** will be out soon.

A Whack On the Side Of The Head by **Roger Von Oech**

The Five Dysfunctions Of A Team, by **Patrick Lencioni**

Authors

Robert K. Cooper

(The Other 90%: How to Unlock Your Vast Untapped Potential for Leadership and Life)

Daniel Goleman *(Emotional Intelligence: Why It Can Matter More Than IQ; and Primal Leadership.*

Bruce Lipton, Ph.D.

(The Biology of Belief: Unleashing the Power of Consciousness, Matter, & Miracles)

Tools

Creative Whack Pack by **Roger Von Oech**

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If you are looking for a great read check out the books below:

Favorite Leadership Books	Overall Favorite Book	Recommended by:
<p><i>Leadership Is An Art</i> by Max DePree</p> <p><i>First, Break All The Rules</i> by Marcus Buckingham</p>	<p><i>The Magic of Believing</i> by Claude Bristol</p>	<p>David O’Brien</p>
<p><i>Leadership and Self Deception</i> by the Arbinger Institute</p> <p><i>Resonant Leadership</i> by Richard Boyatzis and Annie McKee</p>	<p><i>The Road Less Traveled</i> by M. Scott Peck</p>	<p>Elizabeth Agnew</p>
<p><i>Developing the Leader Within You</i> by John C. Maxwell</p> <p><i>Leadership from the Inside Out: Becoming a Leader for Life</i> by Kevin Cashman</p> <p><i>The Five Dysfunctions of a Team: A Leadership Fable</i> by Patrick Lencioni</p>	<p><i>Spiritual Marketing</i> by Joe Vitale</p>	<p>Andrea Woolf</p>
<p><i>Edgewalkers</i> by Judi Neal, Ph.D.</p>	<p><i>The Seven Spiritual Laws of Success</i> by Deepak Chopra</p> <p><i>The Soul of Money</i> by Lynne Twist</p>	<p>Patricia Varley</p>
<p><i>Leadership in the New Science</i> by Margaret J Wheatley</p> <p><i>The 5th Discipline</i> by Peter Senge</p>	<p><i>Sunlight on Water</i> by Flo Aevevia Magdalena</p>	<p>Stacey Hentschel</p>
<p><i>Leadership Presence</i> by Belle Linda Halpern and Kathy Lubar</p> <p><i>The Monk Who Sold His Ferrari</i> by Robin Sharma</p>	<p><i>A New Earth</i> by Eckhart Tolle</p>	<p>MaryAnn D’Ambrosio</p>

