

The Emotionally Healthy Leader

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Purpose

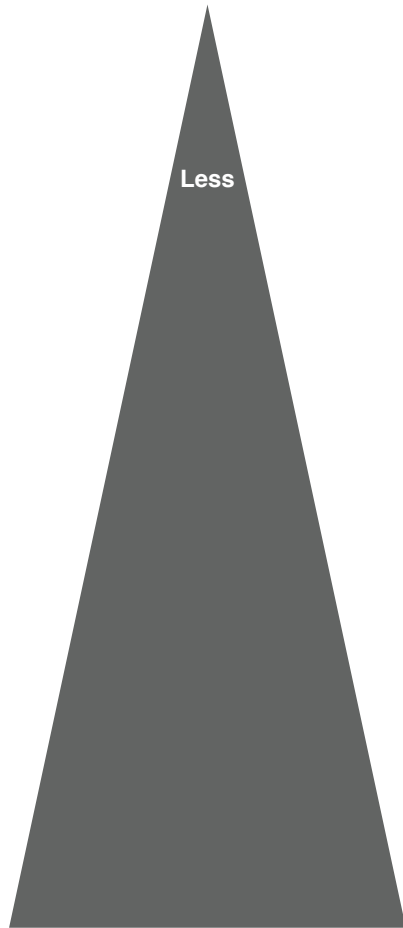
- ⑥ To understand how you can continue to progress through levels of vertical development to become increasingly emotionally healthy and present.



**When you hear the words
“Emotionally Healthy Leader”
what comes to mind?**



Degree of
Self-Centeredness

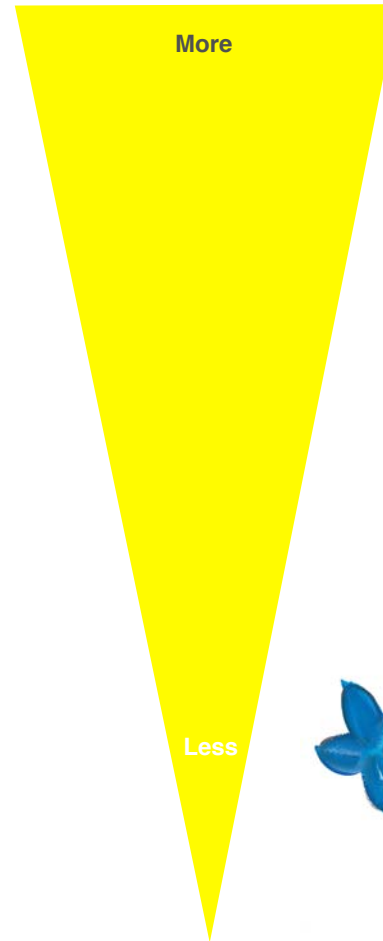


Emotional Health Levels
Characterized By

Levels

1. **Presence**
2. **Wisdom**
3. **Social Value**
-
4. **Recognition**
5. **Automated Response**
6. **Exaggeration**
-
7. **Survival**
8. **Preoccupation**
9. **Delusional**

Degree of
Behavioural Freedom



Vertical Development

- ⑥ What has become obvious in current leadership research is that managers have already become experts on the “what” of leadership but are *novices on the “how” of their own development* i.e. how they learn, grow and change in the way they relate to, lead and engage others, that is – their “*vertical*” development.

Centre for Creative Leadership 2012



Chris White



Source: Tosti & Jackson

Karenza Louis - Smith

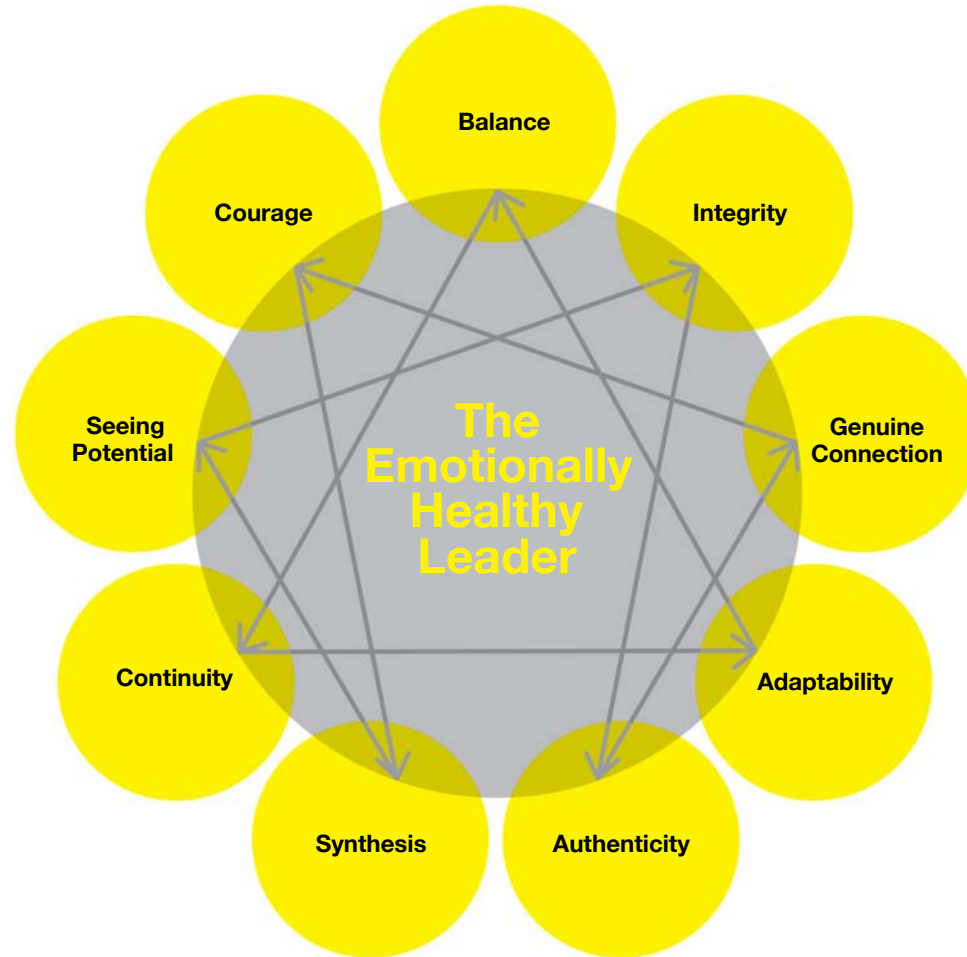


Source: Tosti & Jackson

Graeme Emonson



Source: Tosti & Jackson



9 Distinctions



Choosing your responses



Blame
Defend
Deny
Justify



Intent

- ⑥ What quality would you like to create more of for yourself?
 - How do you want to “be” in the situation?
 - What would others see and say about you?



Embodiment

- ⑥ When you look at the leadership quality you have chosen ask yourself:
 - What does it feel like to be “in” this?
 - What am I experiencing in my body?
 - What emotions am I noticing?



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