

The Emotionally Healthy Leader

Gayle Hardie



Leadership Characteristics

- ⑥ Share the characteristics of a leader who inspired you and made you feel good about yourself
- ⑥ Share the characteristics of a leader who made you feel hopeless or useless



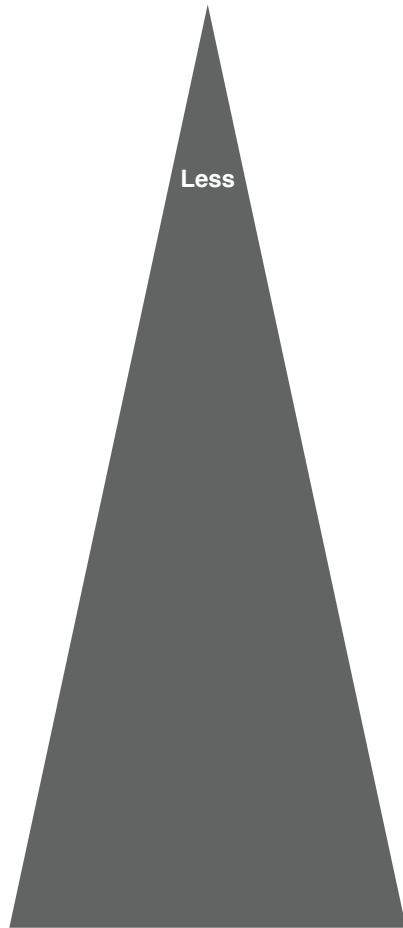
Vertical Development

- 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



Degree of
Self-Centeredness

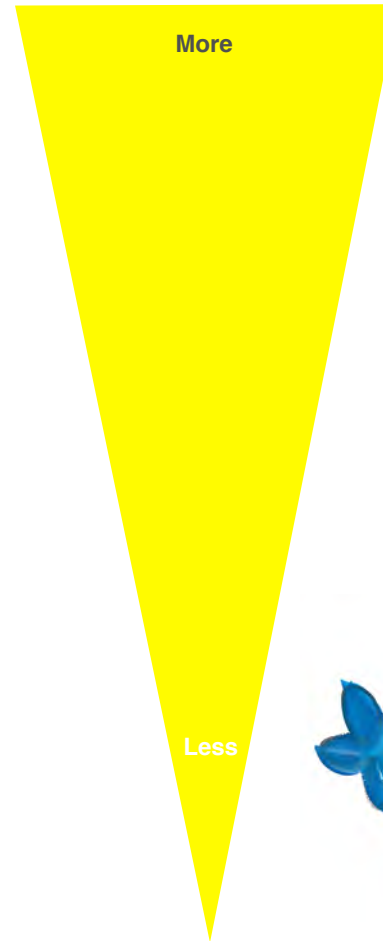


Emotional Health Levels
Characterized By

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



Karenza Louis - Smith





9 Distinctions

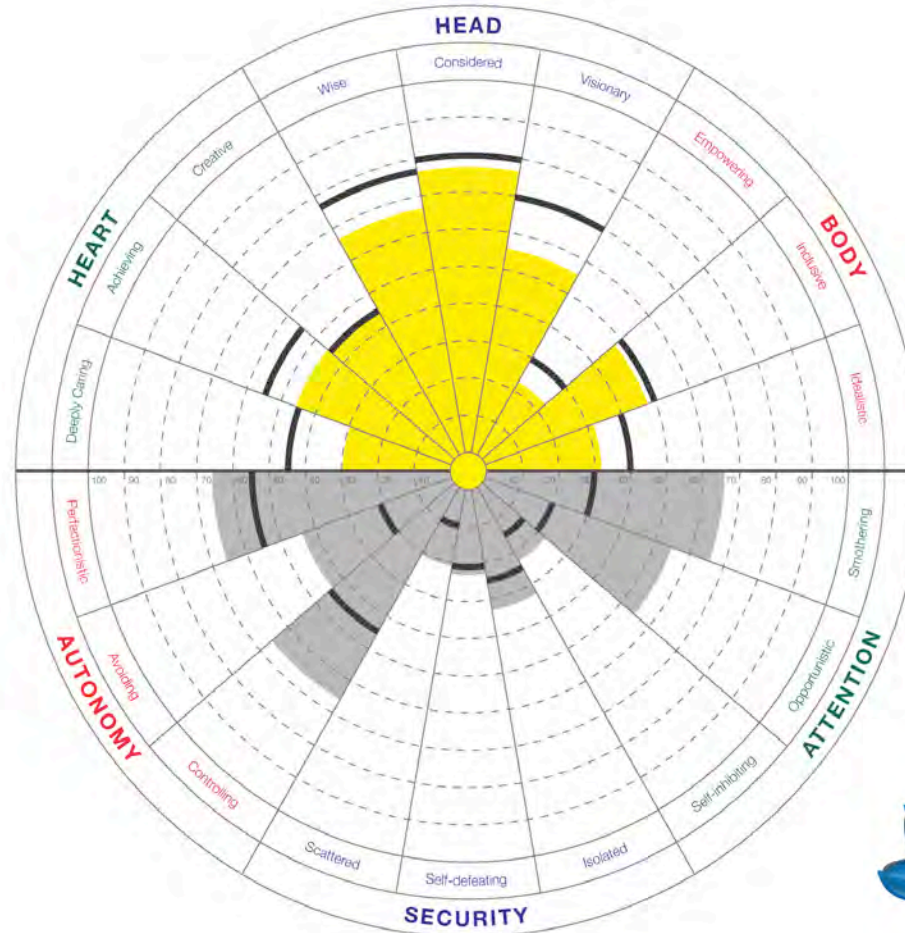
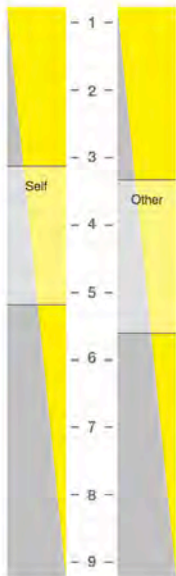
Global Leadership Profile

ADAPTIVE

LEGEND

-  Self rating
-  Other rating

Emotional Health Levels



DEFENSIVE

Behaviours



Choosing your responses



Blame
Defend
Deny
Justify



Be in the experience you want

"If one advances confidently in the direction of his dreams, and endeavours to live the life which he has imagined, he will meet with success unexpected in common hours."

Henry David Thoreau 1817 – 1862.



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?



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