

Embodying Success

Exploring the roots of our leadership



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Every act of conscious learning requires the willingness to suffer an injury to one's self-esteem. That is why young children, before they are aware of their own self-importance, learn so easily.

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Tag: Social; Leadership and Empowerment

Challenge:

We often forget all the people, places, and processes that have positively formed us. We tend to be more aware of those that have held us back. In the business of leadership, we can lose sight of our deepest sense of purpose (what James Hillman would call "The Soul's Code") and thus our leadership loses its depth and meaning.

Solution:

Taking time to reflect and reconnect. This can be done in many different ways, including journaling, regular meditation, going into nature (e.g. vision quest). It is also helpful to create embodied experiences or "rituals" that honour our roots.

References:

- Hillman, James. *The Soul's Code: In Search of Character and Calling*. New York: Warner Books, 1997.
- Vision Quest: Retrieved March 2015
<http://www.schooloflostborders.org/content/huffington-post-what-vision-quest-and-why-do-one>
- Exercise: Embodying Success

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