

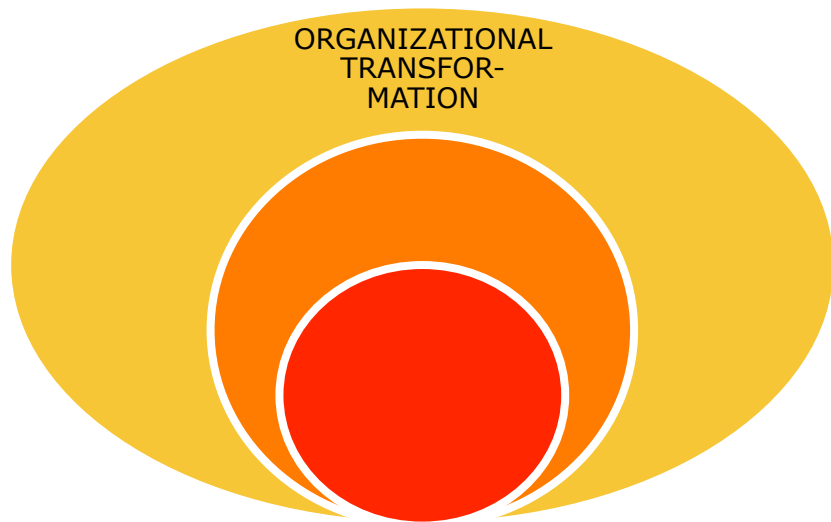


PERSONAL MASTERY, LEADERSHIP EXCELLENCE & ORGANIZATIONAL TRANSFORMATION

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How can we access and transform organizations and systems?



- Common way of thinking:
- In order to transform an organization, we have to work **on** the organization.

Organizational Transformation is the result of Leadership Excellence



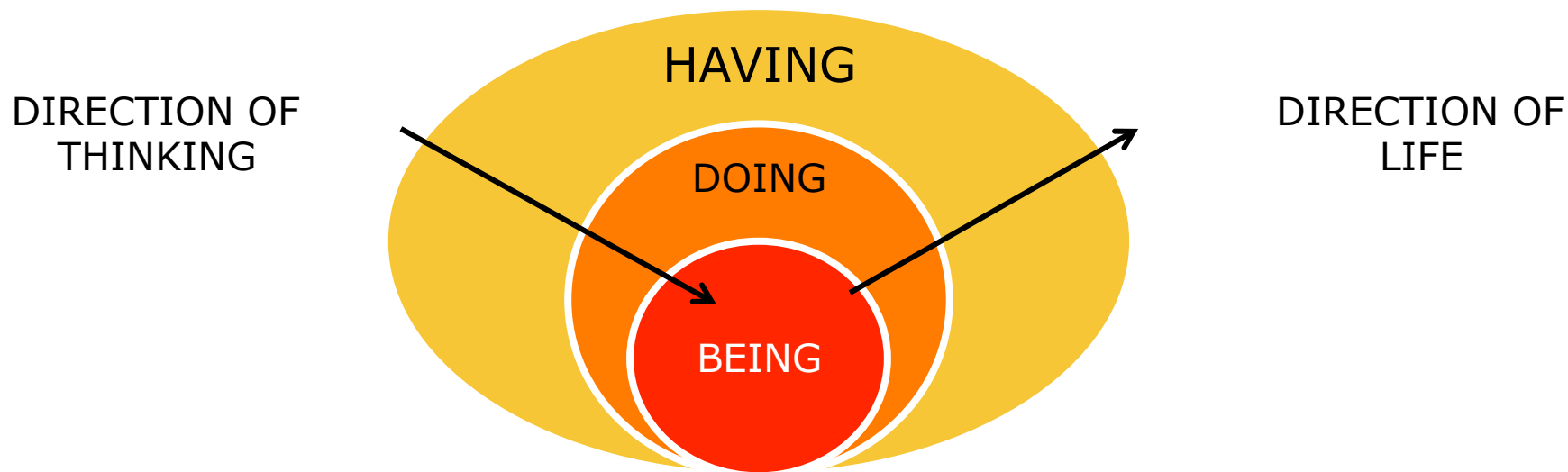
- Common way of thinking: In order to achieve Leadership Excellence we have to develop Leadership Skills.
- But we asked ourselves: what is the SOURCE of Leadership Excellence?

Personal Mastery is at the core



- Personal Mastery is a process of self empowerment and internal transformation.
- Leadership excellence is the manifestation of an internal transformation in the external/ outer world

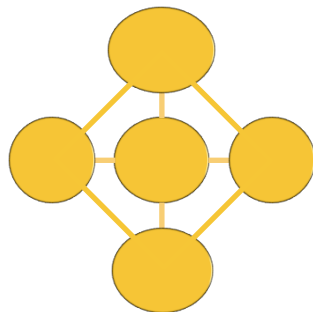
Direction of Thinking vs. Direction of Life



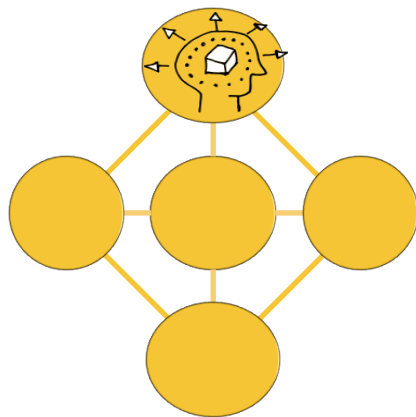
What is your association with „Personal Mastery“?

Please take a minute to sense into it and share & discuss it with
your neighbours

Personal Mastery is a process of internal transformation, where all domains of being are cultivated and aligned

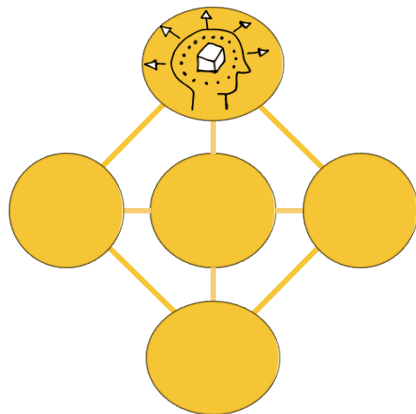


1. Cognition



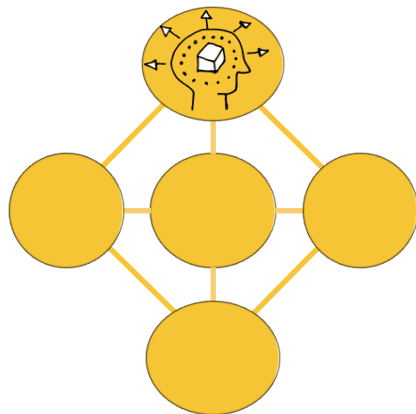
- Intellectual Mind & Ego
 - Rational thinking
 - Thoughts and mental concepts
 - Abstraction
-
- Overidentification with the Mind
 - Separate Self
 - Overthinking, worrying, mistrust
 - Manipulated feelings

1. Personal Mastery of Cognition



- Distinction between Mind & Self
- Being conscious of mind patterns and concepts
- Clear, present and open Mind
- Owning and taking full responsibility of own thoughts and choices

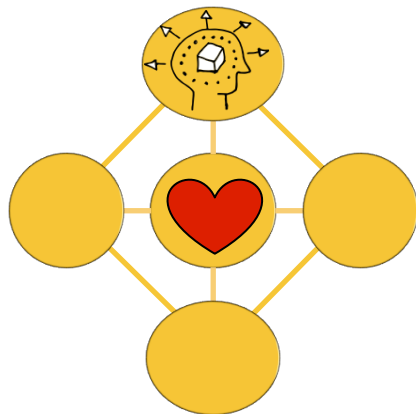
1. Cultivating Cognition



Main Practices:

- Meditation
- Contemplation
- Awareness, Mindfulness

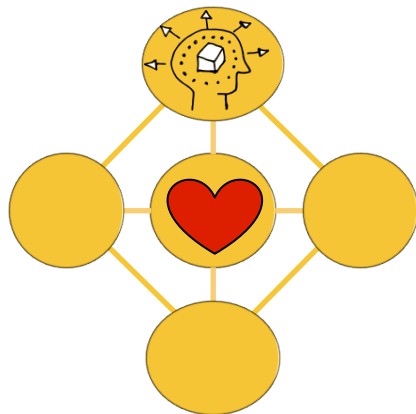
2. Intention



- Intention, Dharma & Purpose
- Empathy & Compassion
- Deep and genuine Emotions

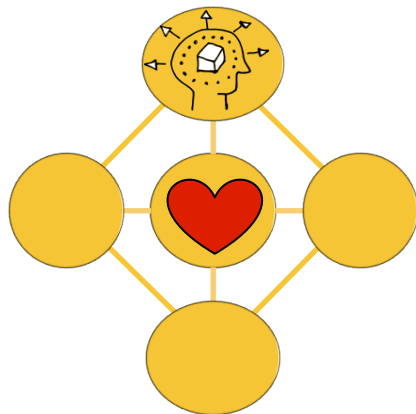
- Fundamentalism
- Hate & Destruction
- Emotional Coldness
- Loss of connection with Reality

2. Personal Mastery of Intention



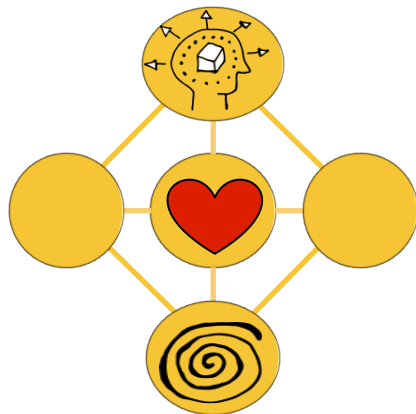
- Clear Intention & knowing ones Purpose
- Strong Compassion & Empathy
- Heartfulness & Connectedness
- Love & Kindness
- Boldness & Fierceness
- Trust & Enthusiasm
- Joy

2. Cultivating Intention



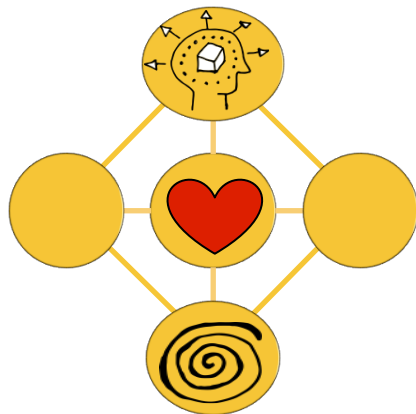
- Heart-Meditation
- Vision Quest
- Opening the Heart
- Energy work
- ask: "what makes my heart break/sing, what is it that I really really want"
- What is my deepest intention?

3. Intuition



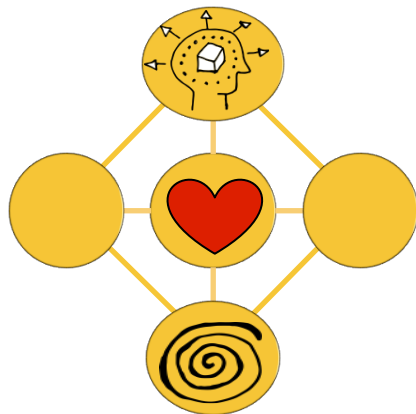
- Inner Knowing (whats right)
 - Wisdom & universal Intelligence
 - Alignment with everything that is
 - Creativity & genuine Innovation
 - Body Intelligence
- Irrationality

3. Personal Mastery of Intuition



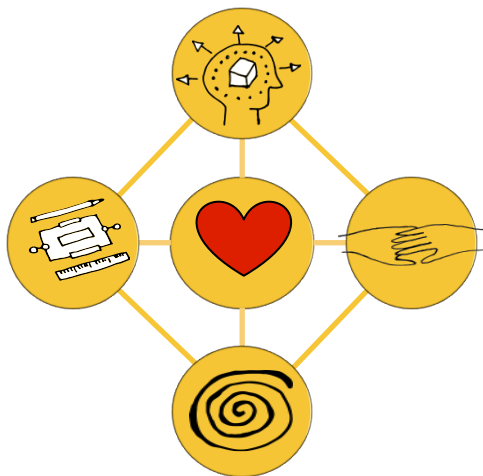
- Access to Inner Voice
- Trust in the „Knowing“
- Capacity to hold the Space for Wisdom and Intelligence to emerge

3. Cultivating Intuition



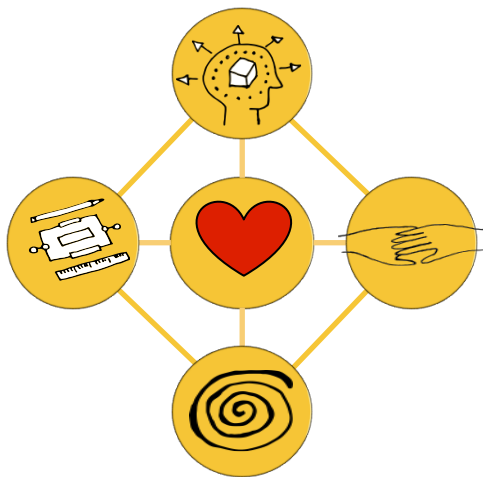
- Beginners Mind
- Curiosity and present awareness
- Following body impulses
- Creative writing, singing, dancing
- Spending time in Nature
- Asking questions like “what do I know about..”

4. Manifestation



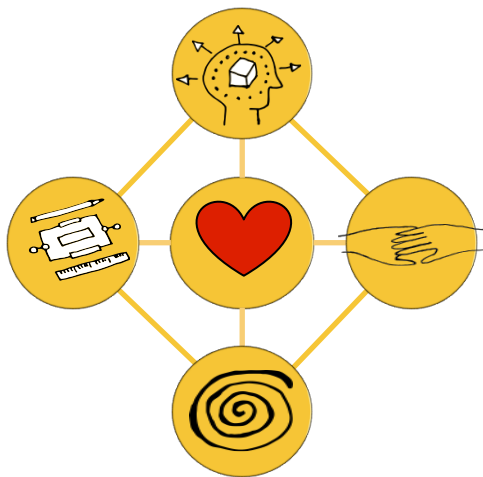
- Implementation into external reality
 - Cultivating Talents, Capabilities, Discipline, Skills
 - Giving form, know-how, using tools
-
- Overidentity with skills
 - Doing things just because you can, without intention or purpose
 - Intention without ability
 - Poor implementation (can be harmful)

4. Personal Mastery of Manifestation



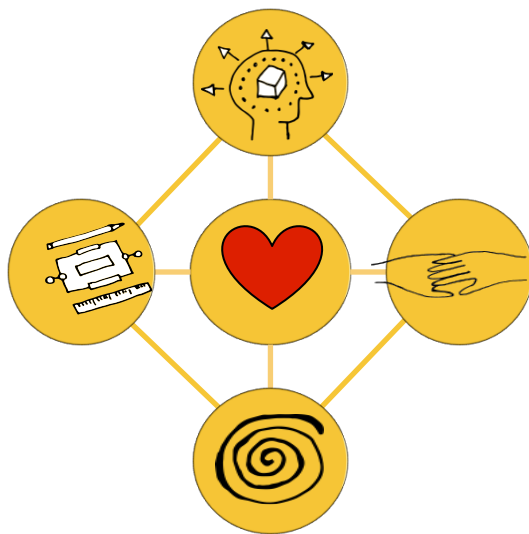
- Being conscious of own talents
- Using them skillfully
- Taking full responsibility how you use them

4. Cultivating Manifestation



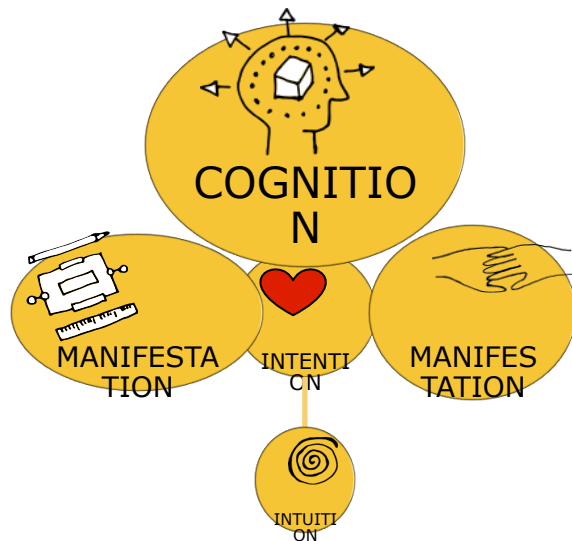
- Practicing
- Focus and Awareness on the Present Moment
- Doing whatever you do with fullest Attention
- Do everything the Best you can

Personal Mastery is a process of resourceful self-empowerment and internal transformation

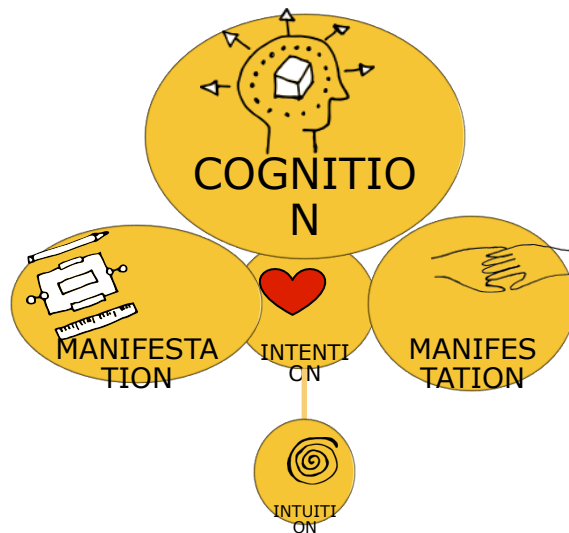


All domains of being are cultivated and aligned

Many Leaders & Organizations are out of Balance – actually our economic paradigm is

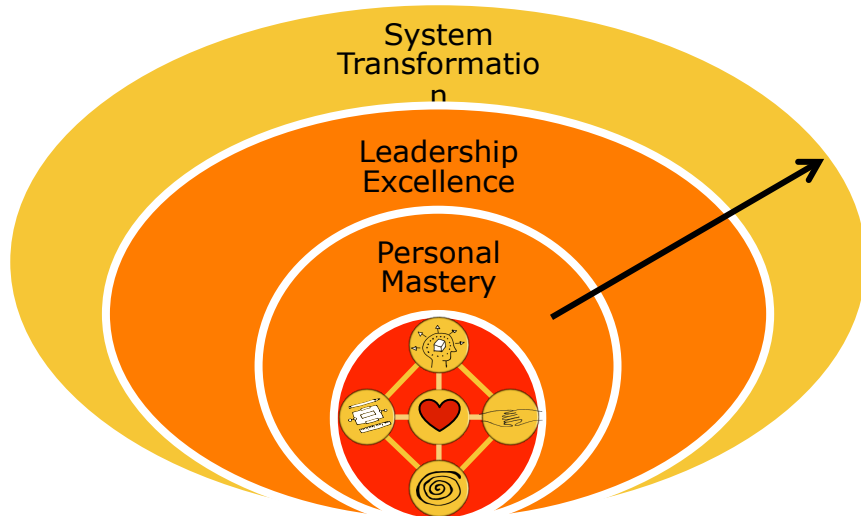


How does your model look like?



Please take a minute to draw your Model and exchange with a neighbour if you like.

Organizational Transformation is the result of an internal Process




- Personal Mastery is the foundation of Leadership Excellence
- Leadership Excellence is the art to manifest internal transformation into external transformation

Testimonial

"For leaders it is not easy to see that Personal Mastery creates the conditions for Business Excellence —our assumptions have been so fundamentally challenged that something new could emerge."

Editor in chief of „Die Presse“



Thank you for joining our Workshop!

Julia Culen & Christian Mayhofer

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