



EXPERT

WINTER 2022

PROFILE

MAGAZINE

**Inside
Features
on
Health,
Fitness,
Wellbeing,
Lifestyle,
& Business
from our
global experts**

Bob Champion

Keep the dream alive

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Conscious Leadership

By Marika Messenger

Recent studies have identified the workplace epidemic of “quiet quitting” caused by rising burnout - where employees do the bare minimum, ‘checking out’ without actually leaving their role. Even more worrisome is the developing “quiet firing” trend - where employers push employees out using managerial tactics rather than letting them go. Working in this environment is harmful not only to the individual but to the organisation as a whole. Disengaging in this manner will inevitably lead to disengagement in other areas of the business and employees’ lives. What is the solution to this growing epidemic?

At Conscious Leadership, we use a whole-being approach to wellbeing and leadership, standing firm on *Three pillars essential to achieving it: Clarity, Presence, and Creation* - meaning you are honouring both your own and others’ potential.

Clarity means knowing who you are, what you want, and how and when to take action. Leaders lacking self-awareness cannot bring their authentic selves into situations. They hide and manipulate through means like “quiet firing.” Having clear alignment in who you are, what you want, and what you stand for will allow you to empower all to achieve your vision/mission.

Presence refers to emotional intelligence and your ability to master your emotions, responding to challenges and opportunities in a way you’re proud of rather than lashing out or avoiding them altogether. Emotional agility means having the capacity to maintain expansive emotions such as self-confidence, courage, and joy while minimising emotional triggers.

Creation is the strategic execution plan you design from a place of Clarity and Presence. You will achieve more when you have clear intentions and are able to operate from a place of emotional neutrality. In this process, a conscious leader becomes self-aware and radically responsible, focusing on forging a positive impact whilst building a culture of “we” rather than a culture of “me.”



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