



EPISODE 85

Conscious Leadership Requires A High Degree of Self-Awareness

hee

HAPPY EXECUTIVE WOMAN

Episode 85

~~~~~

### Conscious Leadership Requires A High Degree of Self-Awareness

**Are you a Conscious Leader or one that climbs the corporate ladder in pursuit of a particular title?**

As you increase in salary and responsibilities, are you also ***growing in self-awareness and consciousness?*** Can you make the mind shift required when moving from a team member to a manager to an officer?

In my experience and through my audience members and clients, I have found that many leaders *need to be more conscious of their behavior, increase their self-awareness, and prioritize personal development.*

As a metaphysician, an empath, and a Black woman, personal development and self-awareness are vital to surviving in corporate America and even more critical for anyone wanting to be a great leader.

Tune into this week's episode to hear what Conscious Leadership in action looks like, and to answer a few questions to see where you stand and what you can do about it.

## Episode 85

~~~~~

Conscious Leadership Requires A High Degree of Self-Awareness

See you inside...

~~~~~

As a leader, you have a responsibility to your direct and indirect reports to work on your personal development and self-awareness continuously.

**Your team members look to you for guidance, direction, support, encouragement, coaching, and more.**

You hold their careers in your hand; not being self-aware or continuously working on your personal development is detrimental to all. Your team members spend 40+ hours supporting you, your team, and your company's success... ***but at what cost?***

Are they feeling like a valued team member, happy to work for a leader who appreciates their skills and talents? **Do they trust you to lead them in the right direction? Are you a person of integrity?** Bringing your authentic self to work as a leader requires more from you than your teammates. *Are you prepared?*

## Episode 85

~~~~~

Conscious Leadership Requires A High Degree of Self-Awareness

It would not surprise me if many of you reading this article have worked for a boss/bosses so out of touch with their ability to lead that it led to a whole host of issues for the team.

Issues such as...

- 👉 Low morale
- 👉 High turnover rate
- 👉 Quiet quitting
- 👉 Failure to meet deadlines
- 👉 Low performance
- 👉 Low/no trust in leadership
- 👉 Increased absences
- 👉 Low output
- 👉 Tension among the team members
- 👉 Resistance to change
- 👉 Etc.

Episode 85

~~~~~

### Conscious Leadership Requires A High Degree of Self-Awareness

**Here are a few questions for you to consider:**

? What would happen if you allowed your team to be honest about how you "present" as a leader?

? Could you handle the truth, or would you defend your position even though it was detrimental to your team's morale and success?

? Do you need to know what a conscious leader looks like?

Don't worry - I gotcha. Here are five ways that conscious leaders "show up" for themselves and their teams...

#### **Conscious leaders:**

1. They are willing to identify when their ego is getting in the way of their teams' progress.
2. They ask for honest feedback from their team members and peers, then adjust accordingly.
3. They invest in coaching to help them see their blind spots and grow through their limiting behaviors.

## Episode 85

~~~~~

Conscious Leadership Requires A High Degree of Self-Awareness

4. They actively listen, then ask questions for clarification and understanding vs. defending when told their behavior was hurtful or offensive.
5. They appreciate and encourage diversity of thought and life experience from their team members, and they make self-awareness and personal development a continuous priority.

So, how did you do?

Did you see yourself in the five points I mentioned? If not, ***it's not your fault.***

The more I continue to work on my self-awareness and personal development with my coaches, the more I recognize the importance of developing conscious leaders.

I realized that not everyone hops out of bed in the morning to work on their personal/spiritual growth. While there are a ton of executive leadership coaches out there, **there are only a few that integrate metaphysical concepts into their work.**

Even as you climb the corporate ladder, especially as a woman, many experiences, expectations, and environments will trigger specific memories in you. Whether personal or professional, they must be brought to the surface for you to *"grow through"* them.

Episode 85

~~~~~

### Conscious Leadership Requires A High Degree of Self-Awareness

Not doing so will have you operating unconsciously. And while YOU may not be aware of how your insecurities show up in your everyday activities, **trust that your team members and coworkers do.**

You may even feel you've done a great job hiding and keeping your "pain and insecurities" to yourself. Still, metaphysically speaking, if you don't set out to identify, understand, and heal from your painful experiences, *you will react/overreact in situations that shine a bright light on areas where you need to grow.*

**How do you do this?** I'll get to that in a minute.

Can this be done? *Absolutely!*

If you have a lifetime of experiences that come to mind, will it take forever to grow through them? **No, it won't.** But it will take you working with someone, like me, that is well versed in understanding the mind, body, and spirit connection in corporate America to help you "*grow through*" *any limiting behaviors* and help you begin to lead your teams, **consciously.**

## Episode 85

~~~~~

Conscious Leadership Requires A High Degree of Self-Awareness

As you begin to peel back the layers, uncovering your unconscious behaviors and how they have been showing up in the workplace and your personal life, **you will need support to help you navigate the influx of feelings that will arise as you "shift" your behavior.**

You need someone who understands the spiritual, mental, and emotional parts that you, as a woman, take into corporate spaces.

There *are* ways to turn your relationship with your team around without feeling like a failure or so exposed that you buckle down in your title and your power to keep from acknowledging the truth.

You can shift the negative perception that your peers (may) have of you, with support, using practical and metaphysical concepts so that you do not lose your mind along the way.

I'm here to help with all of it.

Episode 85

~~~~~

### Conscious Leadership Requires A High Degree of Self-Awareness

Being a great leader requires a "conscious decision" to continue growing as a leader  
*AND* as a person so that you can be the example your team members can follow.

**Remember, people don't leave their jobs; they leave their managers.**

The higher in leadership you go, the more self-aware/conscious you will need to be.

*What is the point of climbing the ladder to a higher position if you are unprepared for it  
or not taken seriously when you arrive?*

If you want to be a conscious leader and you are ready to put in the work to do so, I  
have two coaching tracks that you can sign up for based on your particular needs.

- Healing from Corporate Trauma
- Executive Relationship Coaching

Should you have questions about the programs to be sure you register for the right one  
or feel that you may require something more tailored to your individual needs, feel free  
to book a discovery session at <https://calendly.com/coachanitacharlot>.

## Episode 85

~~~~~

Conscious Leadership Requires A High Degree of Self-Awareness

In honor of Women's History Month, **you can use the code WHM2023 to receive 30% off select coaching programs through March 31st.**

I look forward to supporting you and helping you become the conscious leader I know you want to be!

See you in the next episode...

~~~~~

#### Recently featured in...

- [ValientCEO Magazine](#)
- [Speaker's Magazine](#)

For all coaching, media, or consulting inquiries, don't hesitate to contact Anita at <https://anitacharlot.com/contact>.

To learn more about how to partner with Anita, go to <https://anitacharlot.com/services>.

To join the waiting list for the upcoming For My Black and Brown Sisters monthly membership community, go to [bit.ly/formyblackandbrownsisters](https://bit.ly/formyblackandbrownsisters).