

BECOMING A CONSCIOUS LEADER: HOW TO LEAD SUCCESSFULLY IN A WORLD THAT'S WAKING UP BY GINA HAYDEN

"CONSCIOUS LEADERS CAN HELP TILT THE UNIVERSE TOWARD THE GREATER GOOD OF HUMANITY. IF YOU WANT TO IMPROVE YOURSELF AND IMPROVE THE WORLD, THIS IS A MUST-READ BOOK."
- DAVID ALTMAN, COO, THE CENTER FOR CREATIVE LEADERSHIP

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About the Author

Gina Hayden has worked with leaders across the world for the past twenty years developing their capacity to lead themselves and others with more awareness, wisdom and choice. In addition to coaching executives to lead more consciously and consulting widely in companies such PwC, AT Kearney, AlixPartners, Novartis and SCA, she is the co-founder of The Global Centre for Conscious Leadership and a Director of Conscious Capitalism UK. She is passionate about bringing more conscious and responsible leadership to business and how business can be a powerful force for good in the world.

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What does it take to be a leader of the future? There's a new breed of leader on the block: leaders who see themselves, their employees, their competition and the world completely differently. They run their companies uniquely and they are flourishing in a world that's increasingly interconnected and waking up – and this demands a new approach. These leaders are Conscious Leaders. Is this leader you? In this book you will learn: • How to practise conscious self-mastery • How to consciously relate to others • How to ensure your team are bringing their full selves to work • How to ignite passion and spark innovative energy • What collaboration beyond competition really looks like • How to increase your positive impact on the world • How to find purpose beyond profit This book guides you towards the abundance that is conscious leadership, helping you to develop an attitude of generosity in a universe of possibility.

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Practical, grounded insights into the most important work of our times

By Barrett C. Brown, PhD, author of *The Future of Leadership for Conscious Capitalism*

In *Becoming a Conscious Leader*, Gina Hayden has robustly and beautifully described what conscious leadership looks like in action, as well as the winding journey of maturity toward it. Her work deftly weaves together insights and findings from adult psychology, neuroscience, Eastern wisdom traditions, embodiment theory and the latest in leadership studies. The result is an edifying suite of principles and practices that will work in the unforgiving trenches of complex organizational leadership as well as amongst the disorienting dynamics of wicked social and environmental problems. Our responsibility and opportunity now is to embody the wisdom gathered here, do the practices to become more skilled, and use that enhanced capacity to help bring about an unprecedented flourishing of the organizations, communities, and world we live in.

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An fabulous resource!

By Anna Pollock

Becoming A Conscious Leader: How To Lead Successfully In A World That's Waking UpAt a time when seemingly everything is being democratized, transformed or disrupted, then it's essential that the way we 'do' leadership should also undergo a radical re-think based on deep reflection of our ways of 'being' and 'seeing.' Gina Hayden leads us gently on a journey of discovery into the rich, subtle but demanding terrain of conscious leadership by skillfully weaving the experiences and perspectives of 20 contemporary leaders. It's one of those rare, highly readable, jargon-free business books that will be read from cover to cover, becoming a well- thumbed source of inspiration and guidance for any individual intent on becoming a more effective, personally-fulfilled and inspiring leader.

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Time to wake up

By Lorna Davis

“As my realisation has emerged that so many things are simply not working in the world, I found myself with a sense of outrage... that outrage was quickly followed by a feeling of impotence. What was I going to do to help make a difference? This book helps to provide an answer. The world needs a new kind of leadership and Gina tackles this subject with grace and practical ideas. The book inspired me and made me realise that we can make a difference.”

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