



Class #8: Being a loving leader for all your relations

Instructors: Narayani & Teri Taylor

PART 1: How you approach leadership

“Listen into someone else’s heart and surround them in an energetically way that holds them” - Teri Taylor

TIPS

- Set the intention to come from a place of love
- Stay open in your own loving place (not TRYING to do something for them)

PART 2: Get present for what comes up for you

Choose to step forward even if you are uncomfortable

INQUIRY

- What is it that you want to lead?
- Is it for your ego?
- Does it feel scary to serve the people/ others?
- Do not let your comfort zone always dictate your choices

PART 3: Intention and Vision

Notice if you are driven by vision or intention or both.

TIP

- Both are valuable and not mutually exclusive
- Stay aware of your loving intention in any given situation as the anchor
- What is our collective intention, internal and external goals.

PART 4: Love Based Team Building

Being able to gather people and be the leader requires you to get clear

TIPS

- Lead through example
- Be honest with yourself and be honest with who you are
- See how the team sees you and be honest and open with your team
- Learn who each other really are
- Look at collective vision
- See it as a game - stay in energy of movement towards collective intention

INQUIRY

- How can you stay internal in your practices?
- What you can do to stay inspired? (ie: Cafe Gratitude, Daily question)

PART 5: Shifting into your power

Having personal power and your beingness are the same thing

INQUIRY

- Make a choice. What will you put your attention on?
- Look inside at who you really are. This is your place of power.

Thank you for taking the time to do the inner and outer work to lead with love!!!

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Got questions? Email NarayaniGaia@gmail.com