



Aspire Leadership Vitality

*The Ecosystem of Belonging
and Wellbeing*

Dr. Sam Collins
CEO and Founder of
Aspire

One thing that always makes me laugh _____

Something that moves me, or brings me to tears is

One thing I might do to get in my own way of
getting everything I can out of this day is

Something that concerns me deeply about our world
right now is _____

Something I really love about myself is _____



Group agreements today



ASPIRE

*a s p i r e To seek to
attain or accomplish a courageous
goal. She aspired to a dream career.
2 : to ascend, to soar. 3. To make a
difference to others.*

a s p i r e



SUSTAINABLE DEVELOPMENT GOALS



ACHIEVE GENDER EQUALITY AND EMPOWER ALL WOMEN AND GIRLS

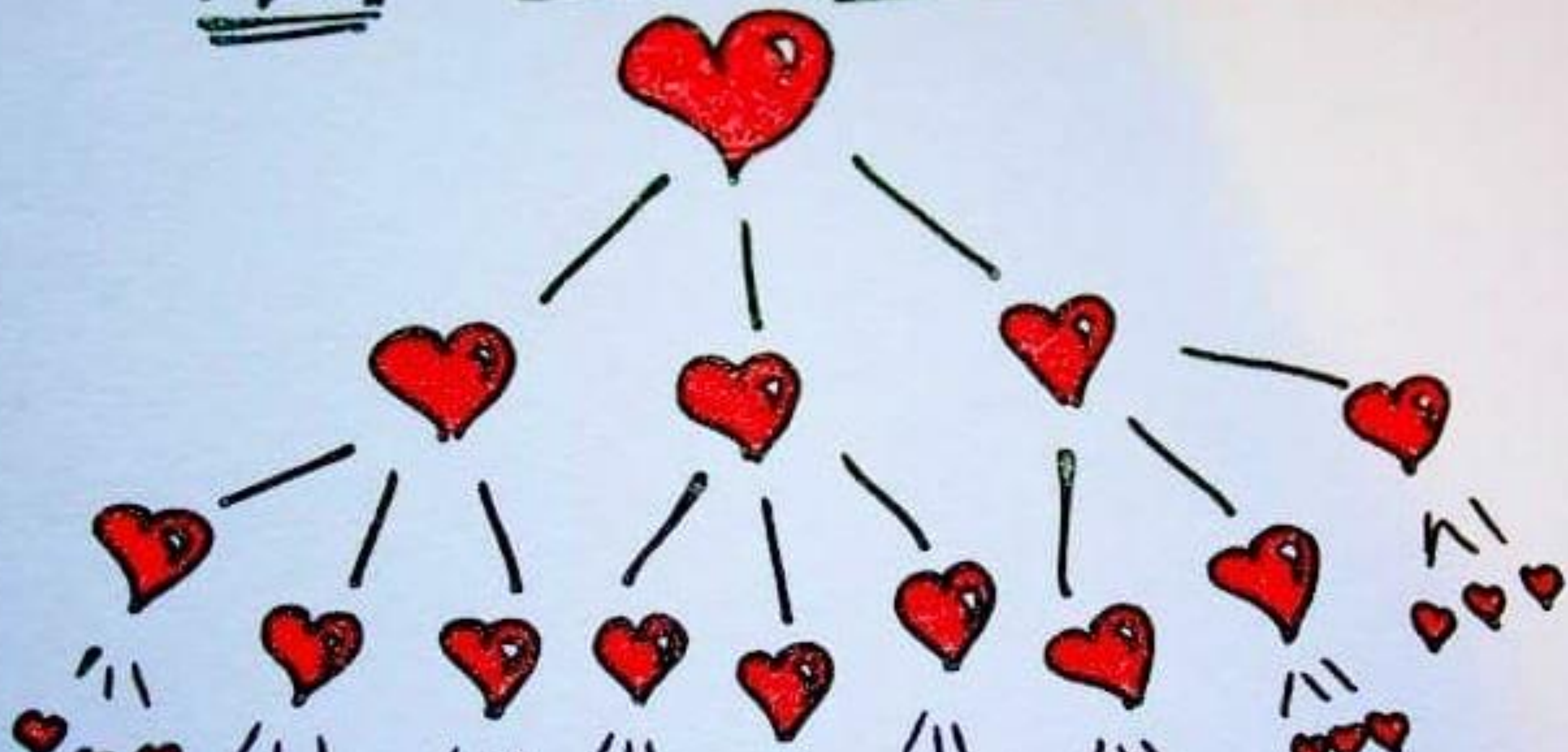


**SELF-CARE
REVOLUTION: THE
SUPER POWER OF
SUCCESSFUL
PROFESSIONAL
WOMEN**



32.4°

PAY IT FORWARD!





Aspire Leadership Vitality Model:

1. Leading Self
2. Leading With
3. Leading For

Leading Self



Burnout - 'The Pursuit of Perfection'

Emotional
Exhaustion



Fatigue from emotions of life, work
and world

Lack of Efficacy,
Meaning



Not feeling able to complete the job.
Not able to feel meaning in work

Depersonalisation



Loss of sense of identity in the job
Unfeeling or uncaring stance



FIND YOUR FIRE

A lightbox sign on a desk with a laptop, displaying the text "YOU GOT THIS". The sign is white with black lettering and is positioned in front of a laptop. The background is slightly blurred, showing a desk and some plants.

Self-empowerment:

- A conscious decision to take charge of your future.
- Making positive choices, taking action to advance, and making decisions.
- Understanding your strengths and weaknesses and being motivated to learn and achieve.



The most essential changes:

1. Where you locate yourself.
2. How you define yourself (Who am I?).
3. How you approach life experiences (inner and outer).
4. Doing things you are passionate about.
5. How you embody and live your dreams and goals.
6. Who you spend your time with.
7. How consistent you are.



Redefining Happiness

Awe

Wonder

Joy

Peace

Purpose

Meaning

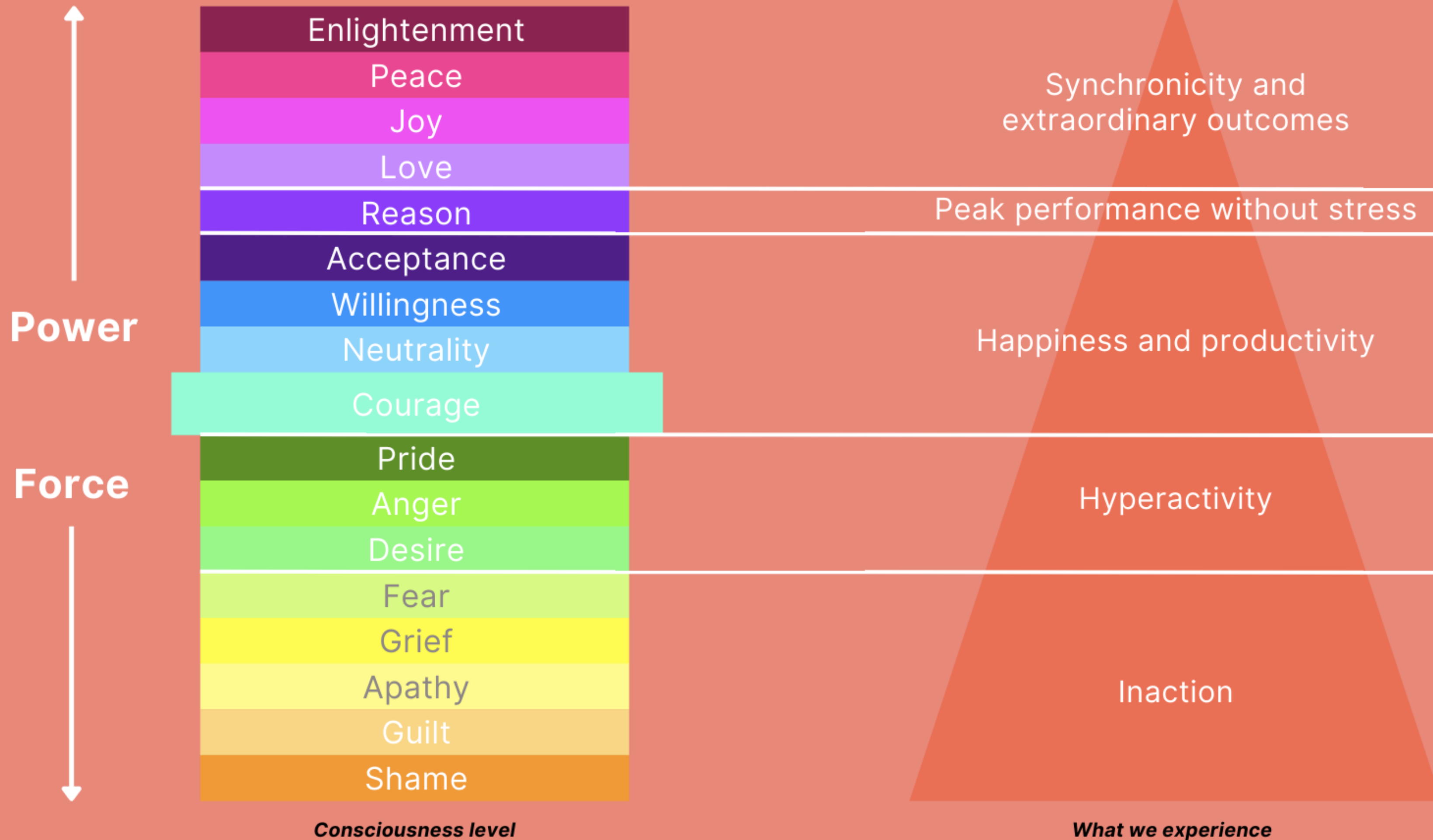
Love

Verve

Spark

Exuberance

Enlightenment



What makes me a well being? (and
what doesn't!)





TAKE A LITTLE TIME TO THINK.



Break
(come back and sit
somewhere new)



Sit somewhere new. Share how you will apply “leading self” to your work?



Aspire Leadership Vitality Model:

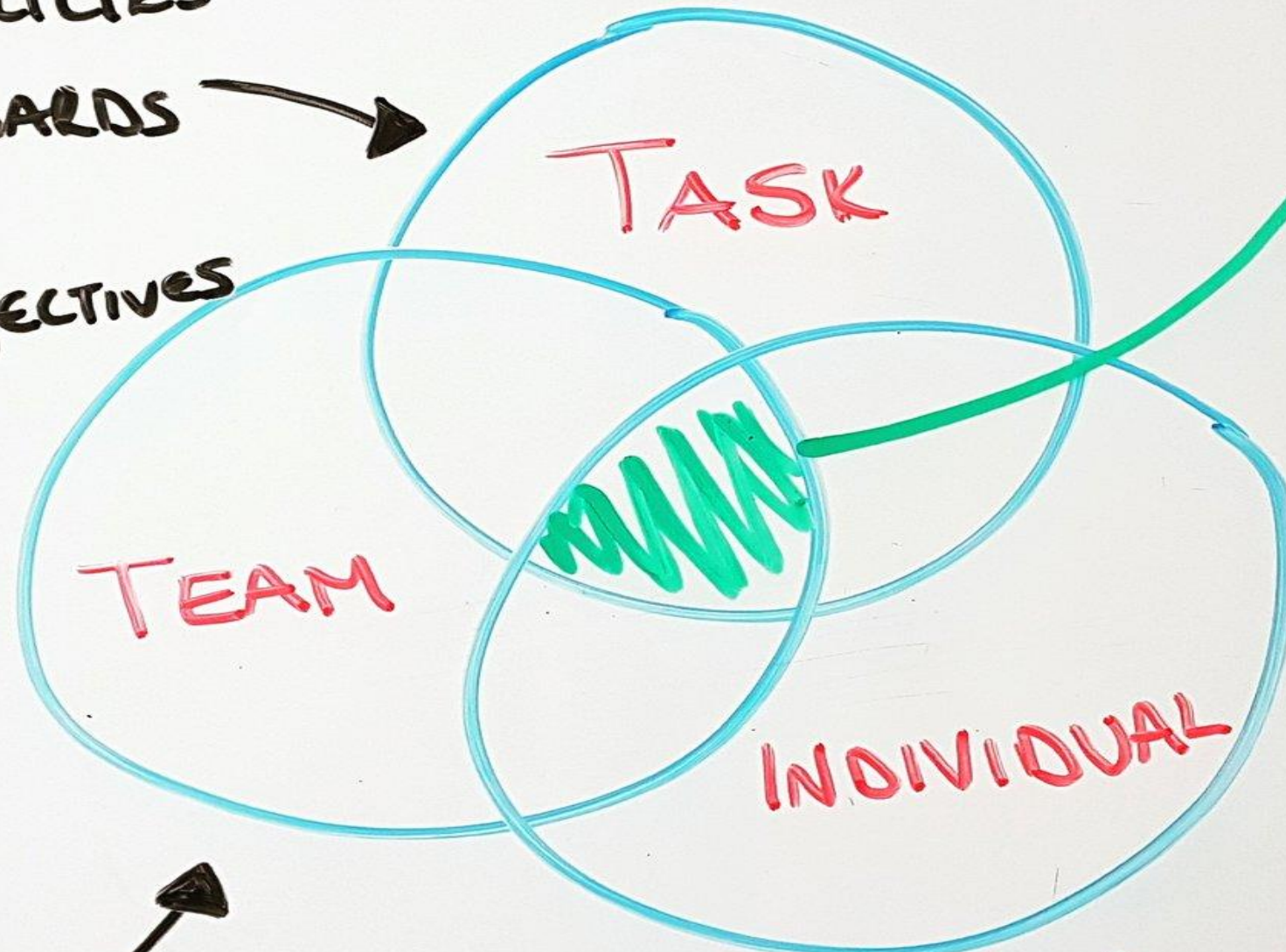
1. Leading Self
2. Leading With
3. Leading For

Leading with



ACTION CENTRED LEADERSHIP

- PLANS + POLICIES
- SET STANDARDS
- DELEGATE
- AIMS + OBJECTIVES



Optimal
Performance

- ETHOS + VALUES
- STRUCTURE
- COHESION
- COMMUNICATION
- MOTIVATION

- COACHING
- DEVELOPMENT / TRG
- MOTIVATION
- COUNSELLING
- PAY / CONDITIONS
- H+S / WELFARE

"A GOOD LEADER HAS A FULL OVERVIEW OF ALL AREAS AND CAN FOCUS IN ON A SPECIFIC AREA WHEN THE SITUATION DICTATES. BALANCE IS THE MARK OF A SUCCESSFUL LEADER!"

93%

of CEOs say it's important their organisation has a strong corporate purpose that's reflected in its value, culture and behaviours.



Source: PwC's 20th CEO Survey



Successfully
navigating
the world
around you



Social
intelligence



Shift in
sense of self
in relation
to others

*“We become more
socially intelligent
by understanding
the root causes of
human behaviour”.*

- Social
Intelligence
Institute

4 principles of social intelligence

1. View others as humans, rather than objects.
2. To understand and react appropriately to another person, we must first determine WHAT they see, HOW they see it, and WHY they see it the way they do.
3. Recognise automatic behaviour in yourself and others.
4. It's all about conscious choice.



What is compassion?

A mental state endowed with a sense of concern that focused on another being to be relieved of suffering

Cognitive: noticing their suffering
Emotional: feeling their pain
Motivational: acting to see their suffering relieved

Science of Compassion (taken from Buddhist teachings)

<https://www.youtube.com/watch?v=OT99oef6kQg>

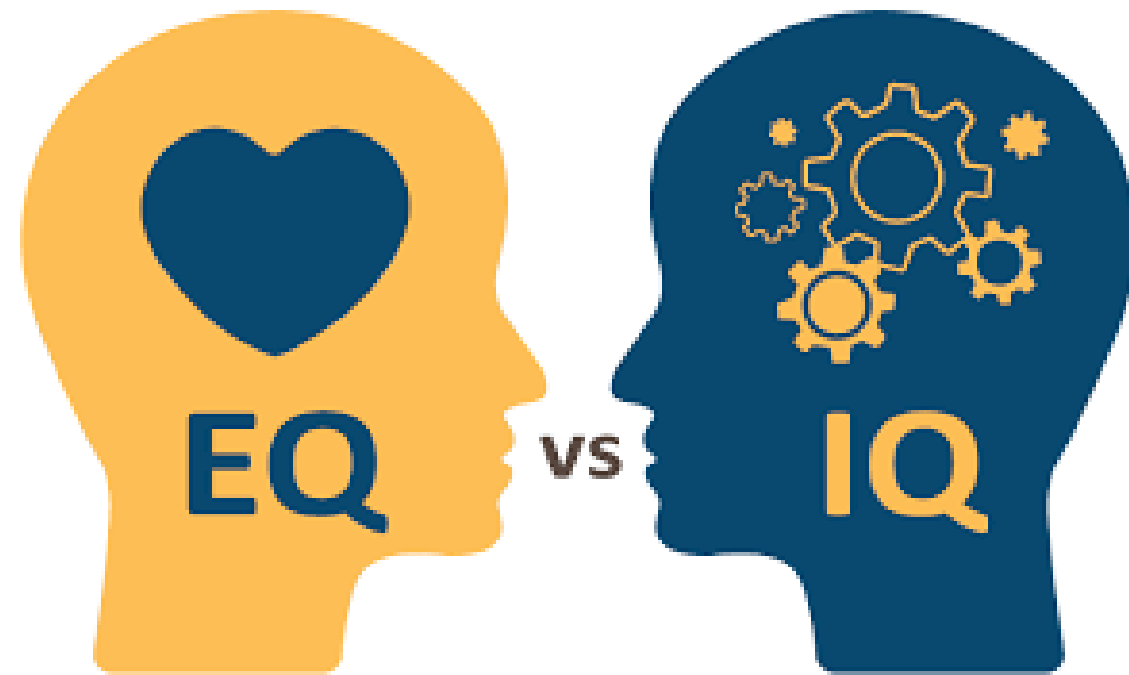


Compassion is not:

- Pity
- Attachment
- Empathy
- Wishful thinking
- A weakness

Cultivation by:

- Developing interconnectedness
- Appreciation of others humanity
- Own self care
- Taking different actions



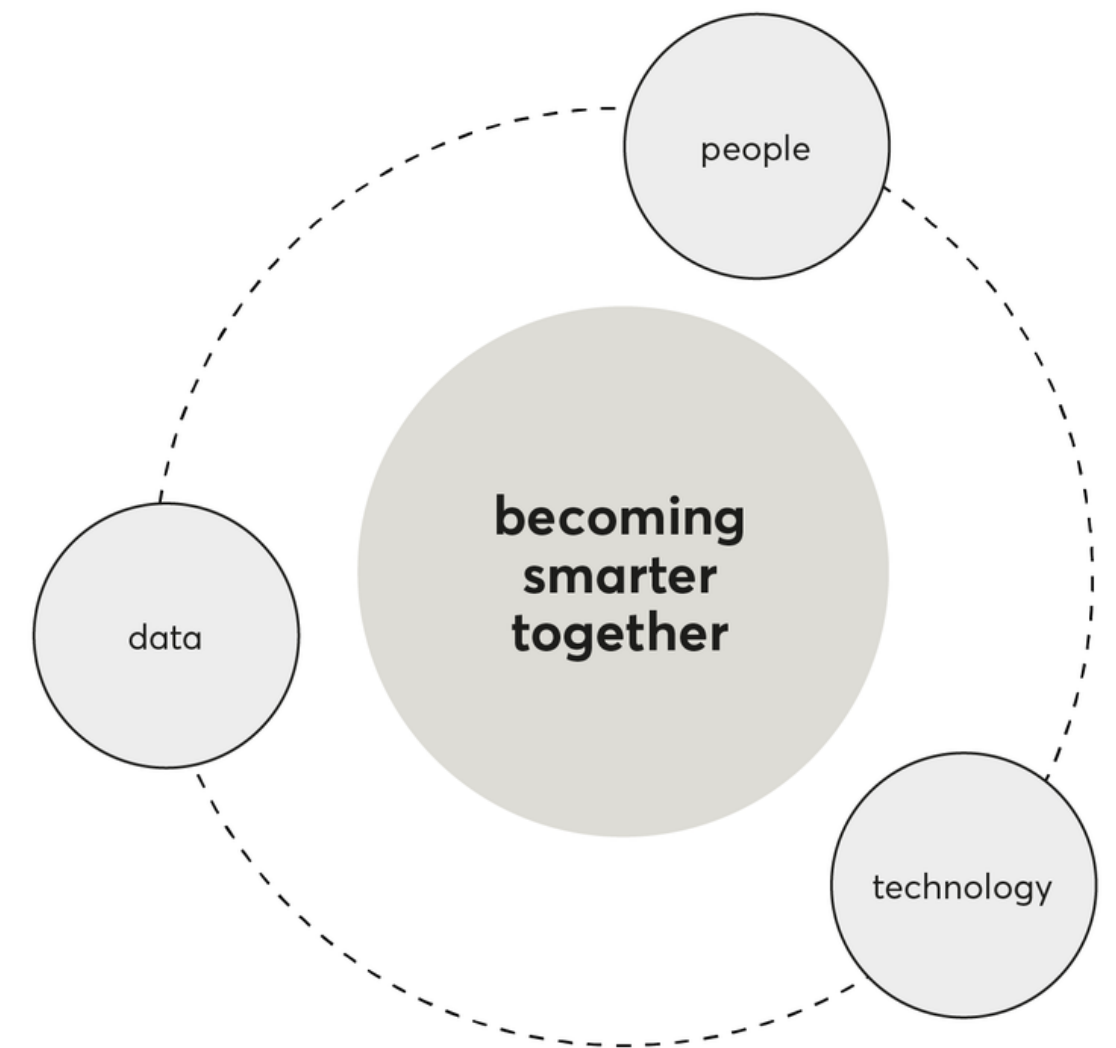
Emotional Intelligence

The capacity to identify, express and skillfully leverage your own emotions for better decision making, leadership and well-being.



Social Intelligence

The capacity to accurately empathise with another's experience and read people to communicate effectively and create trusted relationships.



Collective Intelligence

The capacity for a group to 'act as one'. Combined intelligence, vision, purpose. Generating insights, facing challenges united and making smarter decisions than they could have done on their own.



TAKE A LITTLE TIME TO THINK.

9KITCHENS

The Sisterhood Project





Sit somewhere
new. Introduce
yourself & share
a learning,
insight or action.



Aspire Leadership Vitality Model:

1. Leading Self
2. Leading With
3. Leading For

Leading For



UNITY

- PERSONAL ACHIEVEMENT
- COLLECTIVE TRANSFORMATION
- I AND ME
- US AND WE

WE ARE ONE
WE ARE ONE
WE ARE ONE
WE ARE ONE
WE ARE ONE
WE ARE ONE

ANTHONY BURRILL

LIVE AT
THE PIECE HALL
THE PIECE HALL TRUST IN ASSOC.
LIVE
PIECE
shed
severn
THE PIGEON DETECTIVES
THE WEDDING PRESENT
SKYLIGHTS | BRIGHTON BEACH DJ'S
FRIDAY 26TH JUNE
MANIC
STREET
PREACHERS
BRITISH SEA POWER
MORE TO BE ANNOUNCED
SUNDAY 28TH JUNE
Richard
Hawley
JOHN GRANT
GRUFF RHYS
STUDIO ELECTROPHONIQUE
FRIDAY 3RD JULY
THE PIECE HALL
TICKETS AVAILABLE AT S



Service connects to our
higher self which cares about
growth and giving



Money connects to
our basic self which cares
about survival and trust



How can we integrate
these so we can have
both money and meaning?

PURPOSEFUL LEADERSHIP





TAKE A LITTLE TIME TO THINK.

A close-up, low-angle shot of a person's legs as they walk on a light-colored paved path. They are wearing black athletic shoes with bright pink accents on the laces and soles. The background is a soft-focus green, suggesting an outdoor setting.

Extraordinary results come from taking
ordinary steps every day
in the right direction

Baby Steps
Move Mountains



Butterfly effect is the idea that even the smallest of our actions can cause waves in the world, altering the course of events.



Actions & Commitments

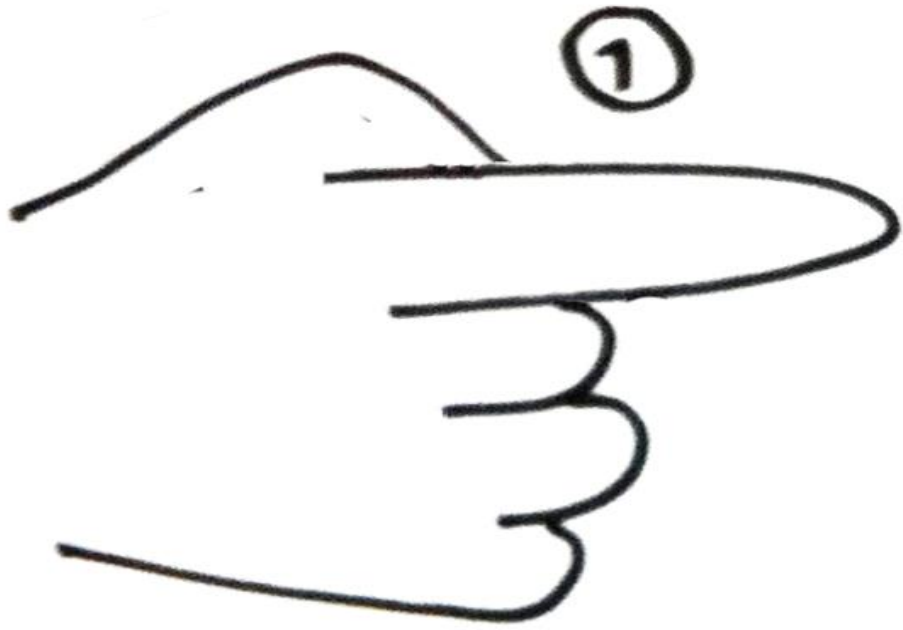
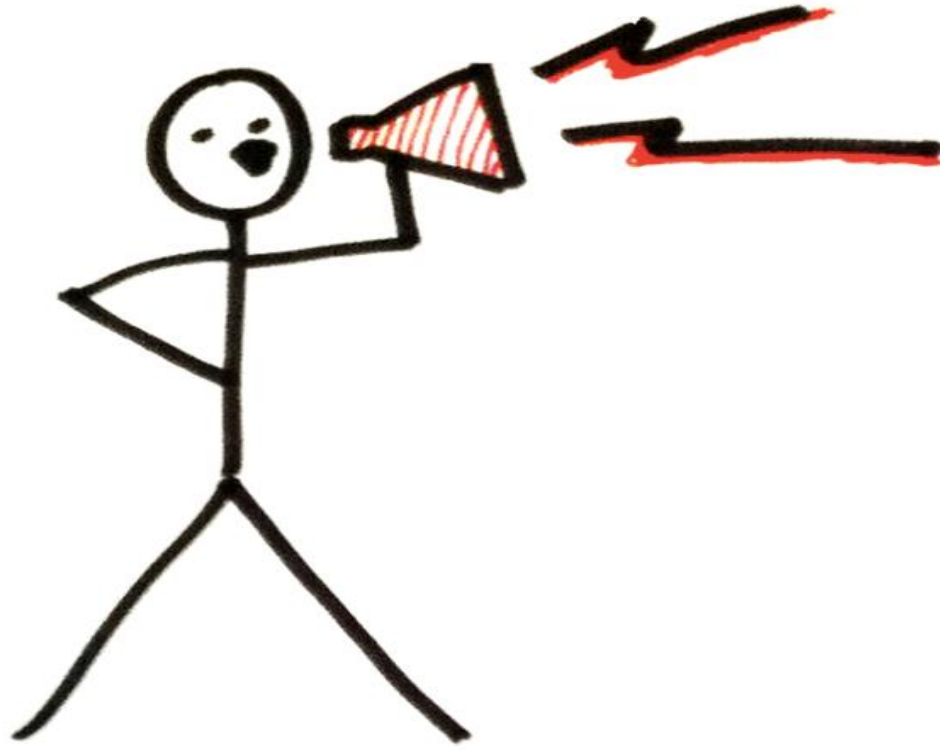
THE POWER OF HAVING AN ACCOUNTABILITY PARTNER





- What is the 1 most important action you must take post today?
- When will you do it?
- How will I know you have done it?

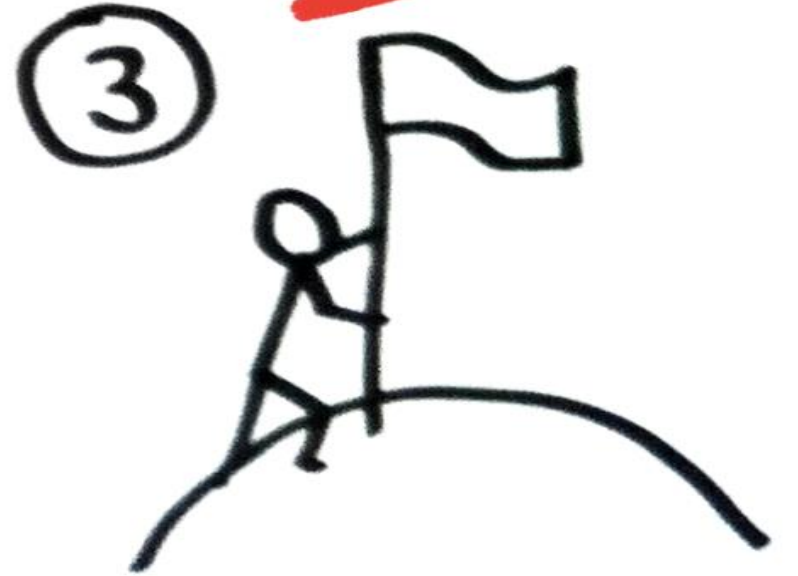
THE BENEFITS OF A PUBLIC COMMITMENT



ACCOUNTABILITY
DRIVES YOU



FRIENDS SUPPORT
YOU



WILLPOWER
URGES YOU