

# YOU AS A LEADER

HOW TO LEVERAGE YOUR STRENGTHS THROUGH AWARENESS

## Scale Up Miami



Presented by Suzanne Jewell

LOCK AWAY  
YOUR DEVICES



# What you'll learn:

The image features a human brain in profile, facing right. The left hemisphere is rendered in a realistic, greyish-brown tone. The right hemisphere is overlaid with a vibrant, abstract, and somewhat distorted pattern of colors, including bright red, orange, yellow, and blue, suggesting neural activity or a specific cognitive state. The background is a dark, textured surface with some splatters and scratches.

How are you paying attention?

What are you aware of?

What are your strengths?

What is your why?



Host / Co-Teacher

# Suzanne Jewell

Chief Experience Officer/Patch of Heaven Sanctuary, Founder of the Mindful Pocket Park & The Mindful Entrepreneur

## Who Am I?

- Former Global TV Exec
- Chief Experience Officer
- Founder The Mindful Pocket Park
- Corporate Mindfulness & Resilience Trainer
- Entrepreneur at 15
- Clients include Mayor's Office, Babson College, 1st World Happiness Summit



**WHERE ARE YOU?**

# Check-in

## Let's Arrive

The ability to think about what is not happening comes at the cost of productivity

Harvard Study conducted by Killingsworth & Gilbert

# Where is your attention?



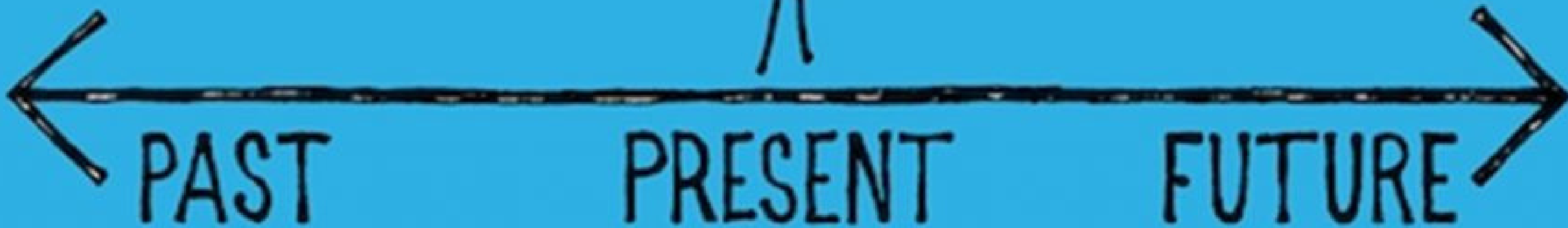


Mindful Moment to Arrive

YOUR BODY  
IS PRESENT.



IS YOUR  
MIND?



**Be Mindful... Pause... Connect!**



# Wandering Mind

is an  
unhappy  
unproductive  
mind

How often our minds  
leave the present and  
where they tend to go  
is a better predictor of our  
happiness than the activity  
we engage in.



# Entrepreneur

*Noun: en·tre·pre·neur | \ , äˈn-trə-p(r)ə-ˈnər*

A person who jumps off a cliff & builds a plane on the way down

## What is an Entrepreneur?

French Word Etymology

Mid 18th Century

"To Undertake"

Often in theatre production

Great risk taker

Resource Hacker

Wild Spirited



# self-a•ware•ness

*noun*

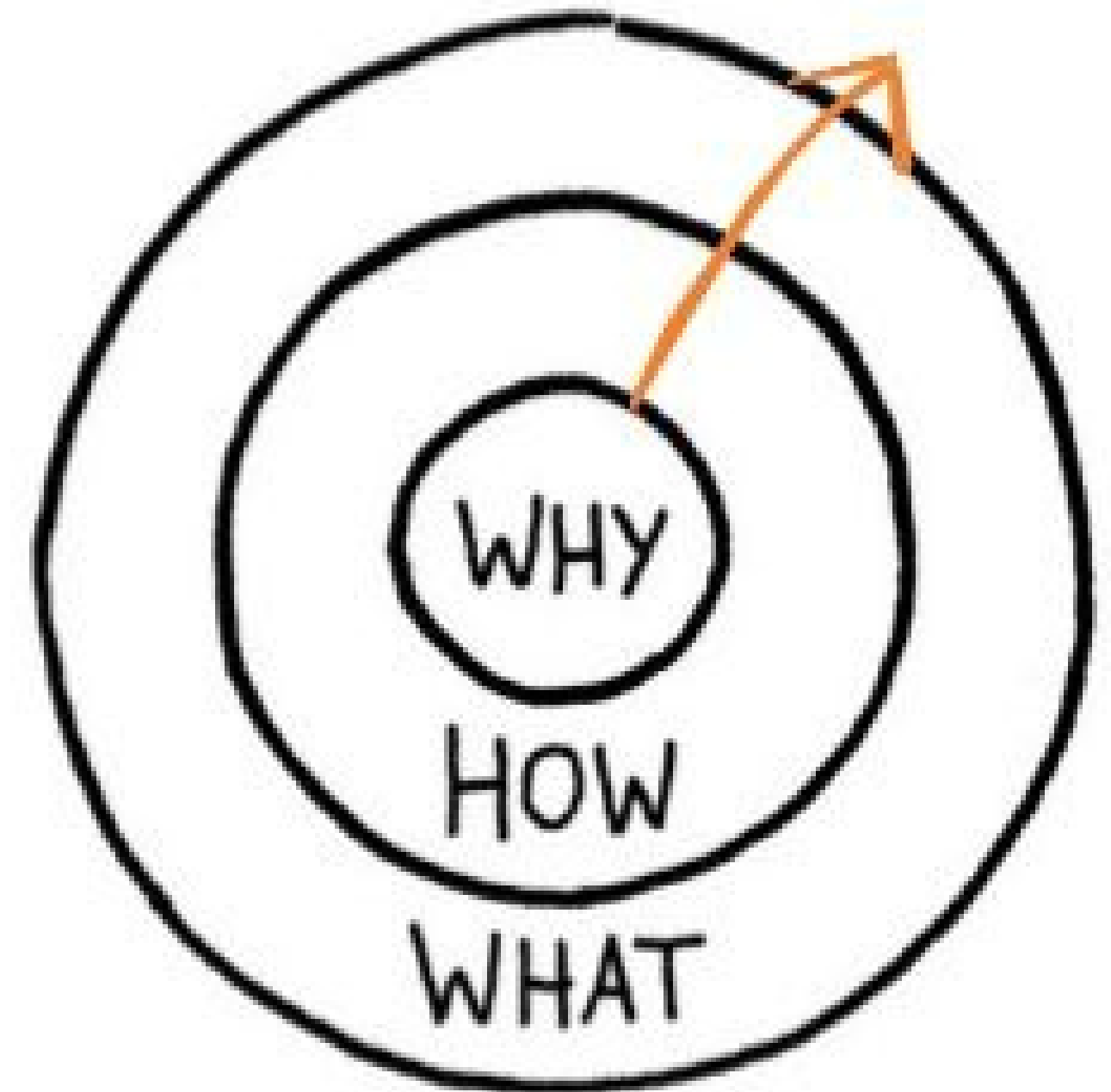
conscious knowledge of one's own character, feelings, motives, and desires.

# What Is Your Why?

Leaders and organizations with the capacity to inspire think, act and communicate from the inside-out. **They start with Why.**

When we communicate our purpose or cause first, we communicate in a way that drives decision-making and behavior.

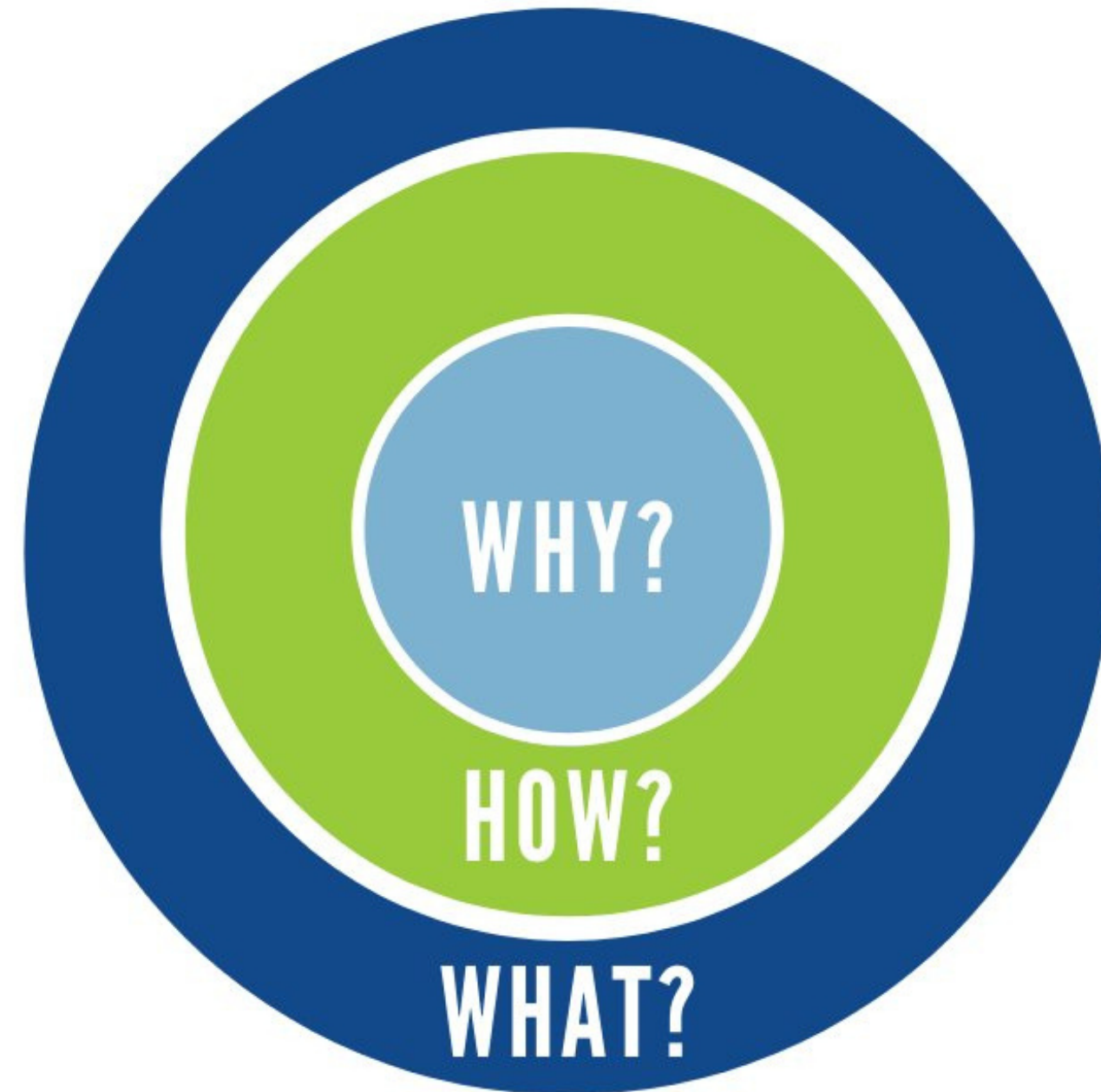
It literally taps the part of the brain that inspires behavior.



# What Is Your Why?



# START WITH YOUR 'WHY'



## 1. CLARITY OF 'WHY'

Whats your purpose, motivation and core beliefs?

## 2. DISCIPLINE OF 'HOW'

What actions will you take to achieve your 'why'?

## 3. CONSISTENCY OF 'WHAT'

What outcome will you have as a result?

# The Science Behind Why

## The Golden Circle

### Clarity of WHY

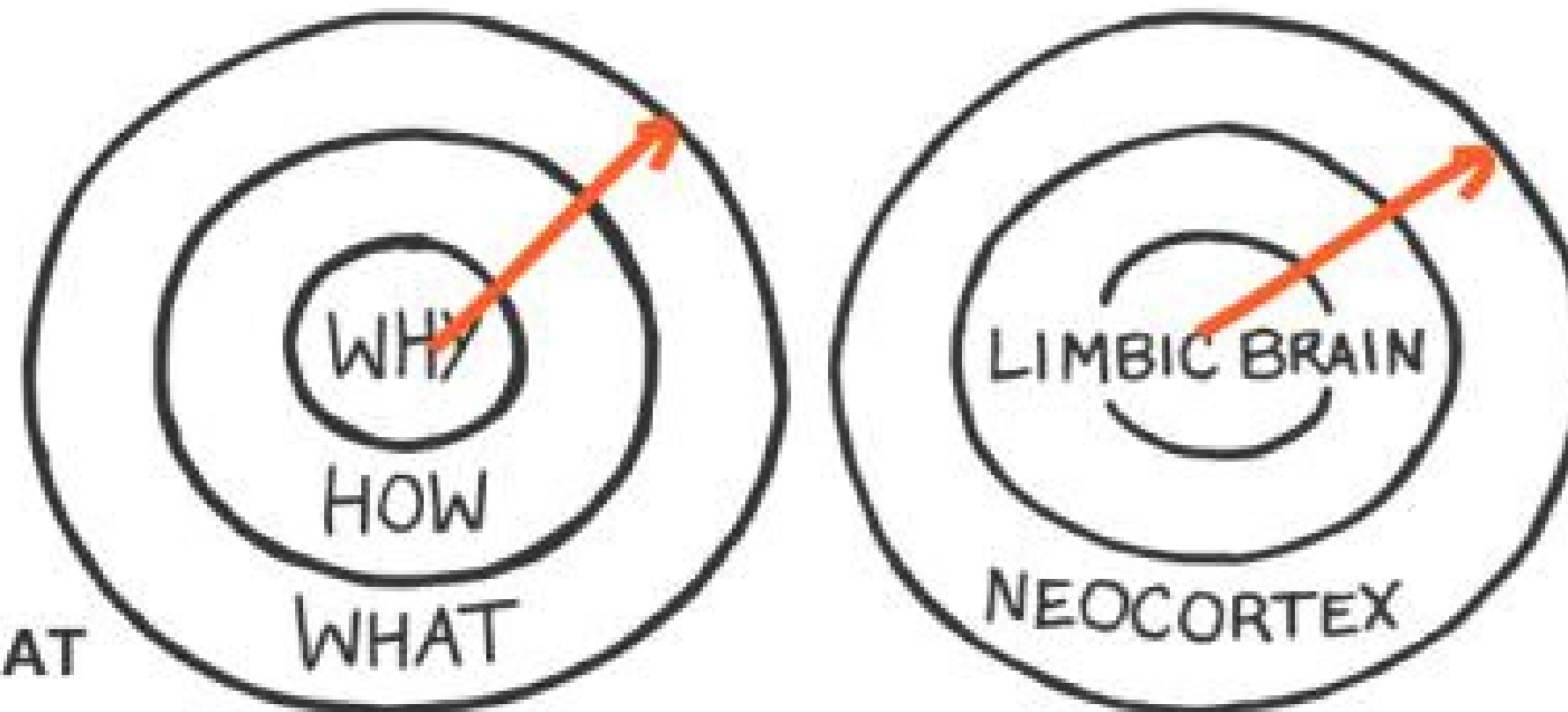
Your purpose, cause or belief.

### Discipline of HOW

Your strengths, values or guiding principles.

### Consistency of WHAT

Products sold, services offered or your role at work.



### Neocortex

Responsible for all of our rational and analytical thought, and language.

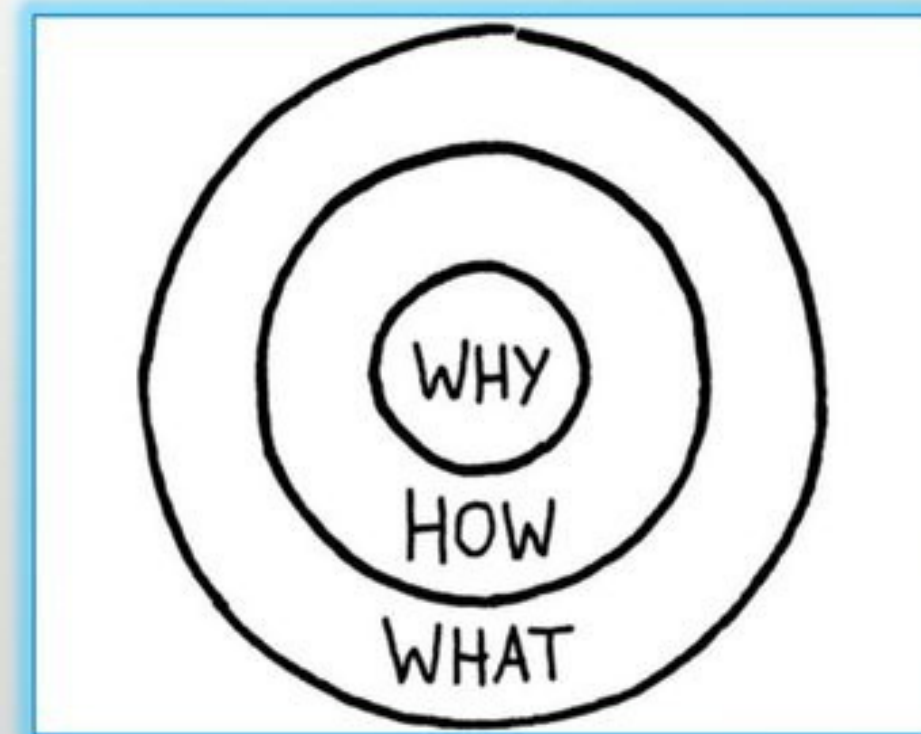
### Limbic System

Responsible for all feelings, like trust and loyalty. It's also responsible for all human behavior and decision-making, yet it has no capacity for language.

Adapted from Simon Sinek's Golden Circle

# The 'Why' ring

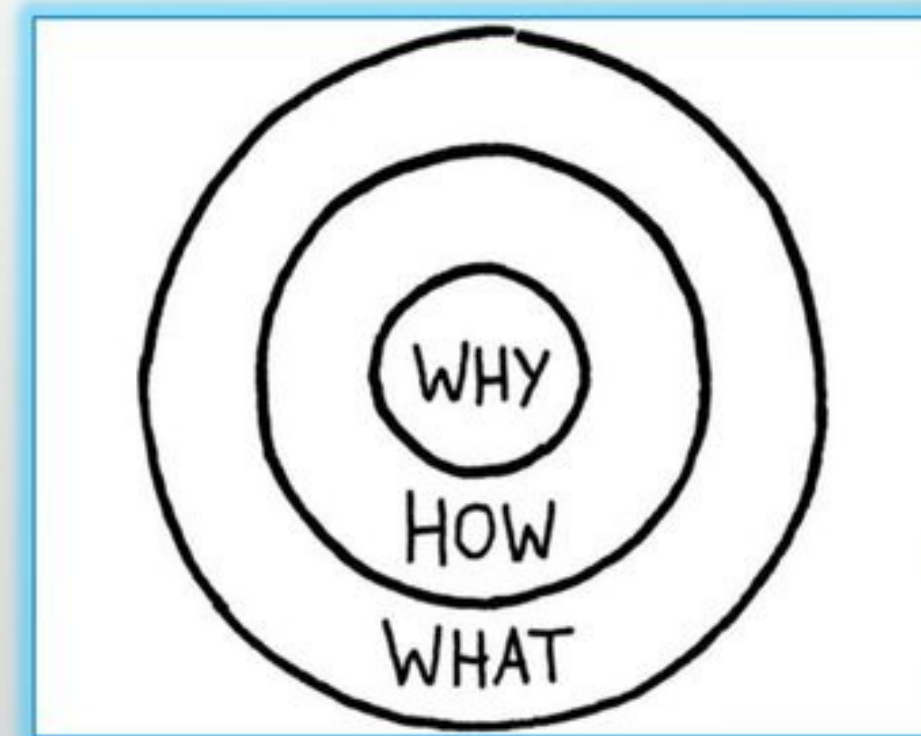
- Very few companies can define WHY they do what they do
- What is your purpose, cause, belief
- Why does your company exist
- Why do you get out of bed in morning



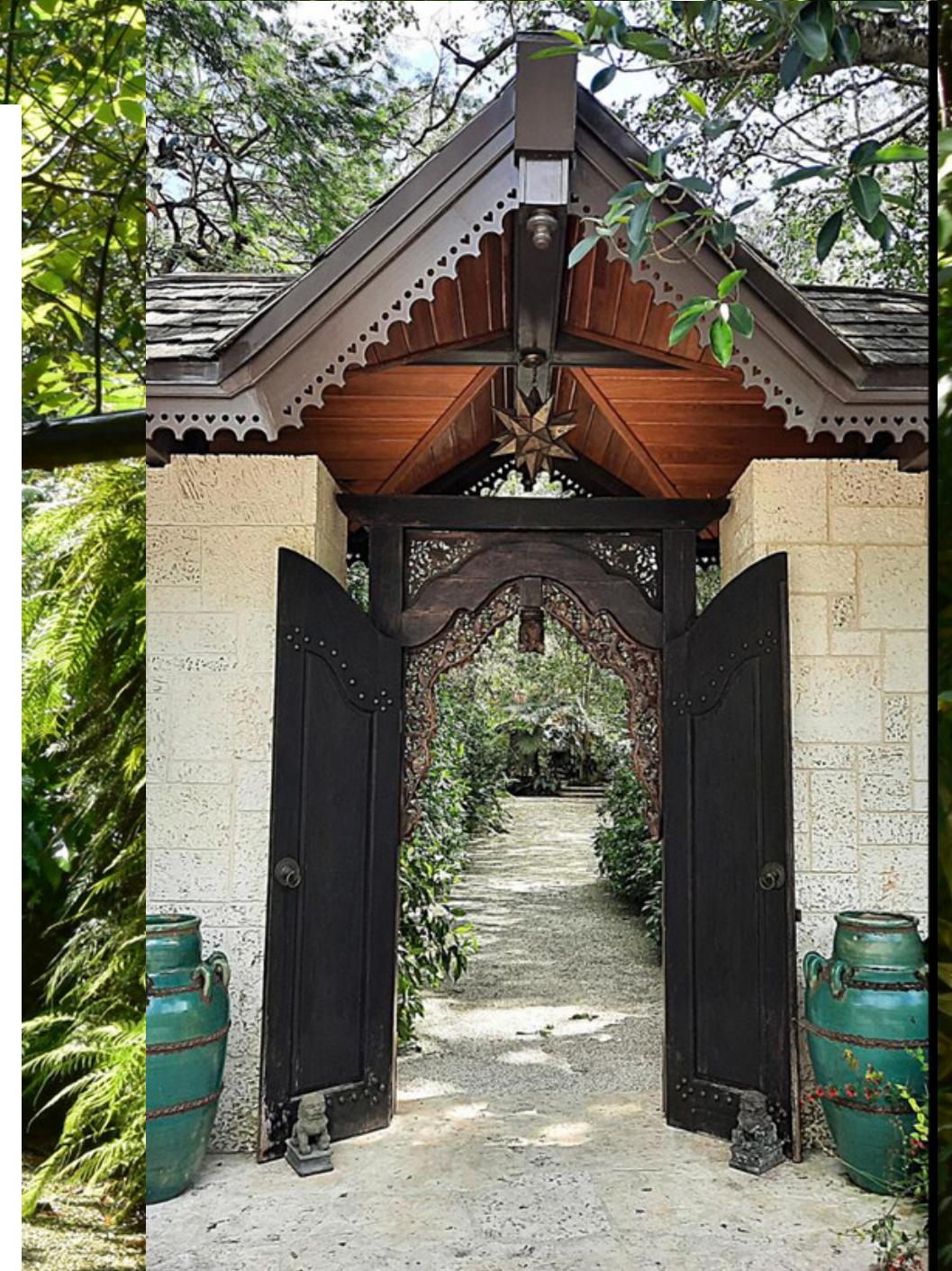


# The 'What' Ring

- Easiest of all 3 rings to define
- What we do
- Products or services a company sells or the job function within that system



# What is My Why?



**My Why is to reconnect humans  
to Nature**



**One mindful walk & one breath  
at a time**



# A Dose of Nature

Weekly park visits - *increasingly prescribed by physicians* - can improve resilience, reduce stress, and improve overall health and well-being

**20-30** MINUTES of EXPOSURE to reap benefits



People who spend just 20 minutes in an outdoor place where they feel connected to Nature experience a drop in stress hormones

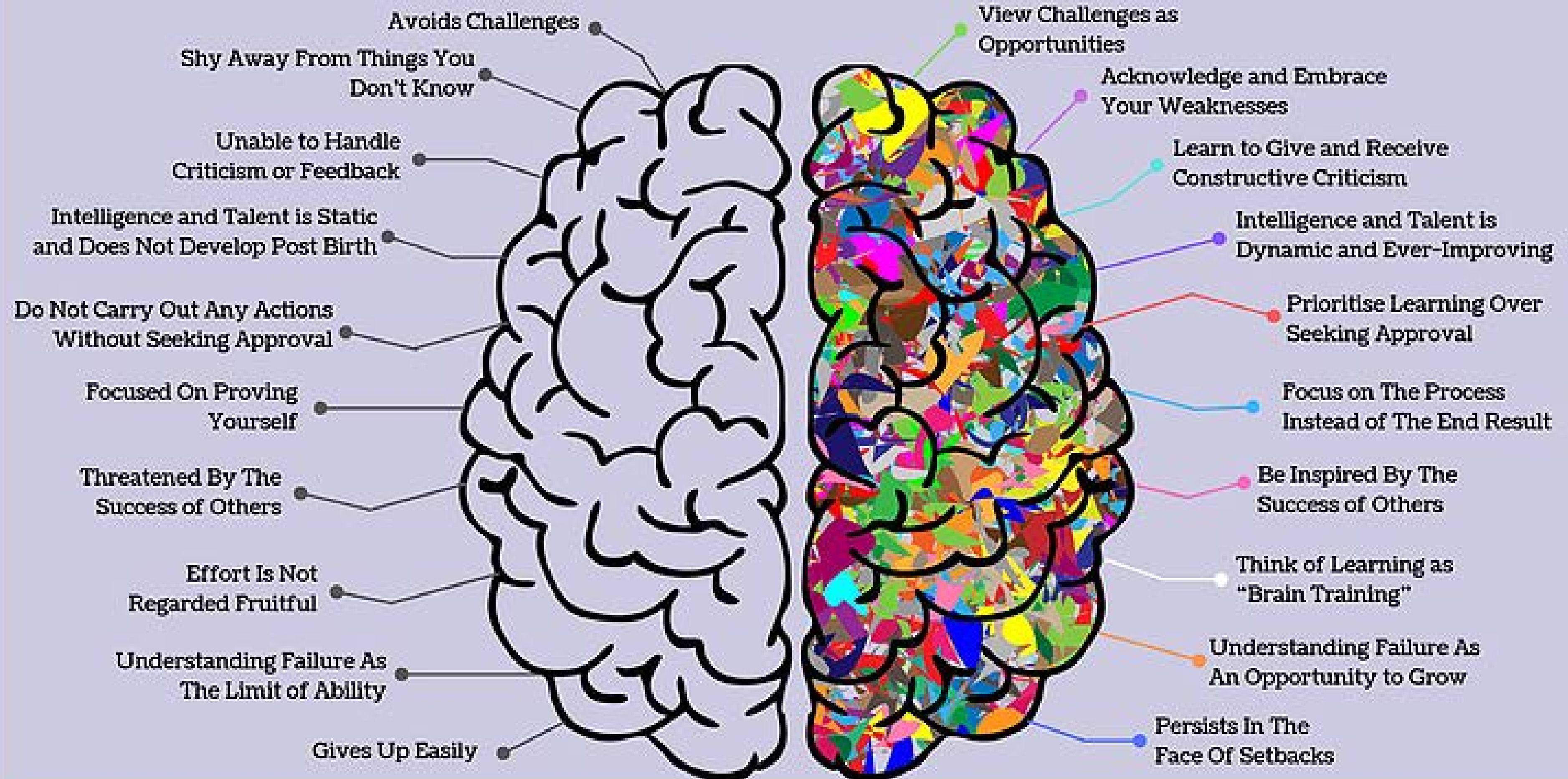


Come Take The Nature Pill at Patch of Heaven Sanctuary





# FIXED MINDSET VS GROWTH MINDSET



# Lean In

Your  
Comfort  
Zone



```
graph LR; A[Your Comfort Zone] --> B(( )); B --> C((Where the magic happens))
```

Where the  
magic happens



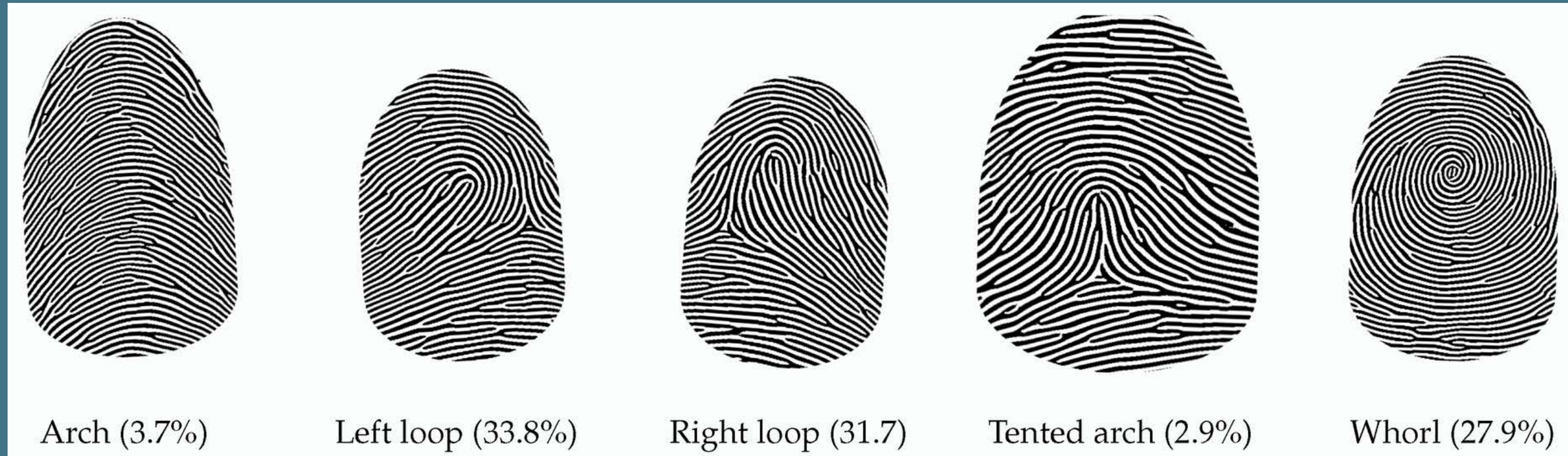
# Clifton Strengths Assessment

## How can it help me?



- Who people are and what they do best
- What people do best and how they feel
- How people feel and how they perform

# YOU ARE UNIQUE



Similar to a **fingerprint**, the sequence of a person's themes is unique to him or her. The **odds** that two people have the **same five Signature Themes** in the same order are **1 in 33 million**.

# What are your strengths?

**Strengths-based development** is about helping people identify **what they do best**, discover their **greatest opportunities** to contribute and **use their talents** in their work and life to accomplish what is most important to them.

The path to strengths-based development starts with people **understanding their talents and strengths** and learning how to **fully maximize them** in all that they do.

**What are your strengths?**

BREAKOUT SESSION

Group Reflection Exercise

**Use your results**

What surprised you most?

What comes most naturally to you?

Which talent are you not taking advantage of?

# Top 34 Strengths

*Achiever*

*Analytical*

*Command*

*Connectedness*

*Deliberative*

*Empathy*

*Harmony*

*Individualization*

*Learner*

*Relator*

*Self-Assurance*

*Woo*

*Activator*

*Arranger*

*Communication*

*Consistency*

*Developer*

*Focus*

*Ideation*

*Input*

*Maximizer*

*Responsibility*

*Significance*

*Adaptability*

*Belief*

*Competition*

*Context*

*Discipline*

*Futuristic*

*Includer*

*Intellection*

*Positivity*

*Restorative*

*Strategic*

# Your CliftonStrengths by Domain

EXECUTING		INFLUENCING		RELATIONSHIP BUILDING		STRATEGIC THINKING	
14 Achiever	22 Discipline	<b>2</b> Activator	28 Maximizer	<b>9</b> Adaptability	34 Includer	30 Analytical	<b>4</b> Input
25 Arranger	17 Focus	20 Command	16 Self-Assurance	<b>5</b> Connectedness	13 Individualization	32 Context	<b>3</b> Intellection
23 Belief	18 Responsibility	<b>10</b> Communication	29 Significance	19 Developer	21 Positivity	<b>8</b> Futuristic	<b>7</b> Learner
31 Consistency	27 Restorative	15 Competition	26 Woo	12 Empathy	<b>6</b> Relator	11 Ideation	<b>1</b> Strategic
24 Deliberative				33 Harmony			



A woman with blonde hair tied up, wearing a vibrant, multi-colored patterned shawl over a pink top and dark pants, is kneeling on a grey stone path. She is looking down intently at a small object on the ground. The path is scattered with fallen leaves. In the foreground, a pool of water reflects the woman and the surrounding greenery. The text "We cannot be what we cannot see" is overlaid in blue on the lower part of the image.

**We cannot be what we cannot see**



BE THE

KIND

OF

LEADER

YOU WOULD

FOLLOW.

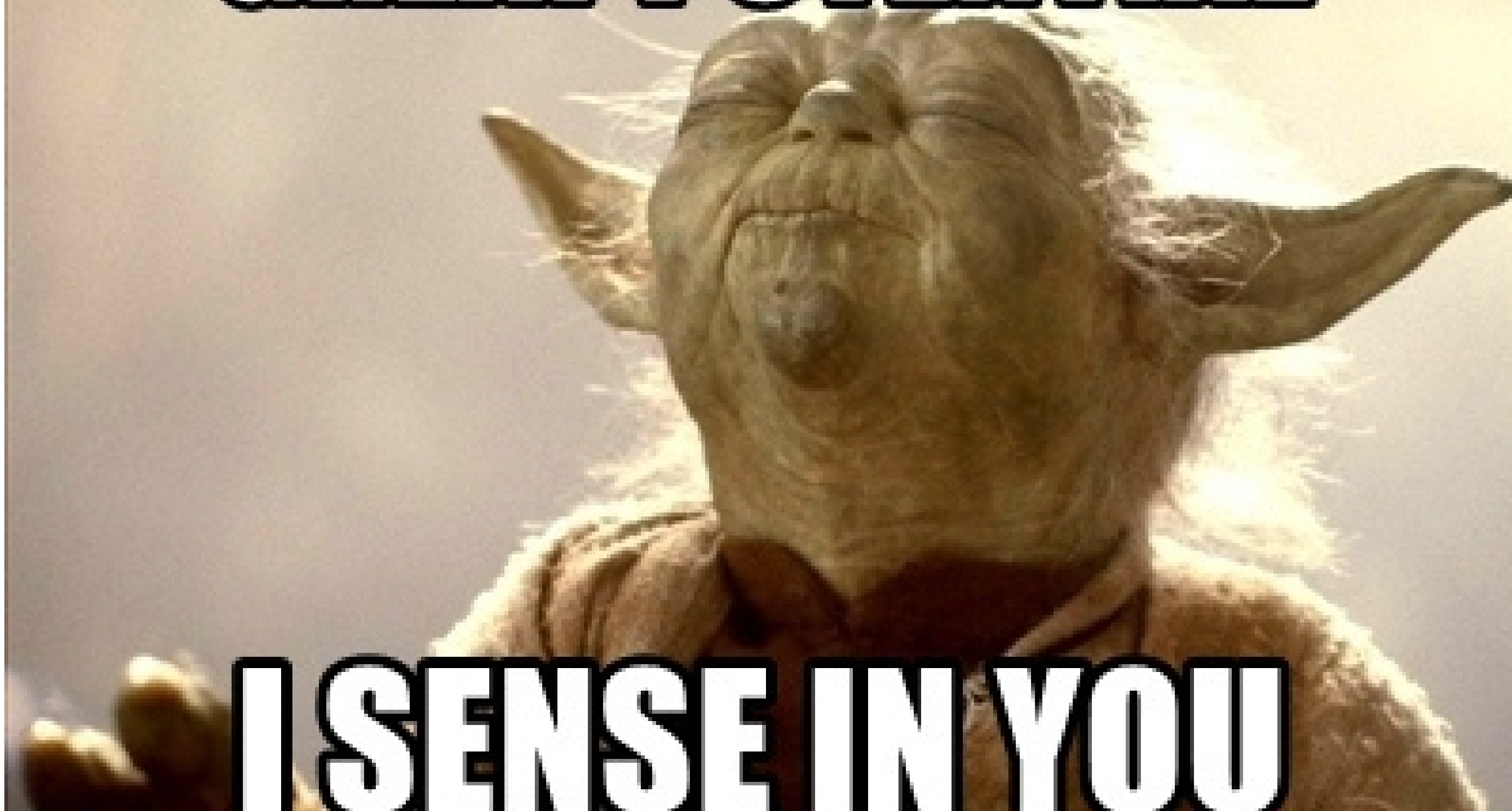


# Time for Reflection



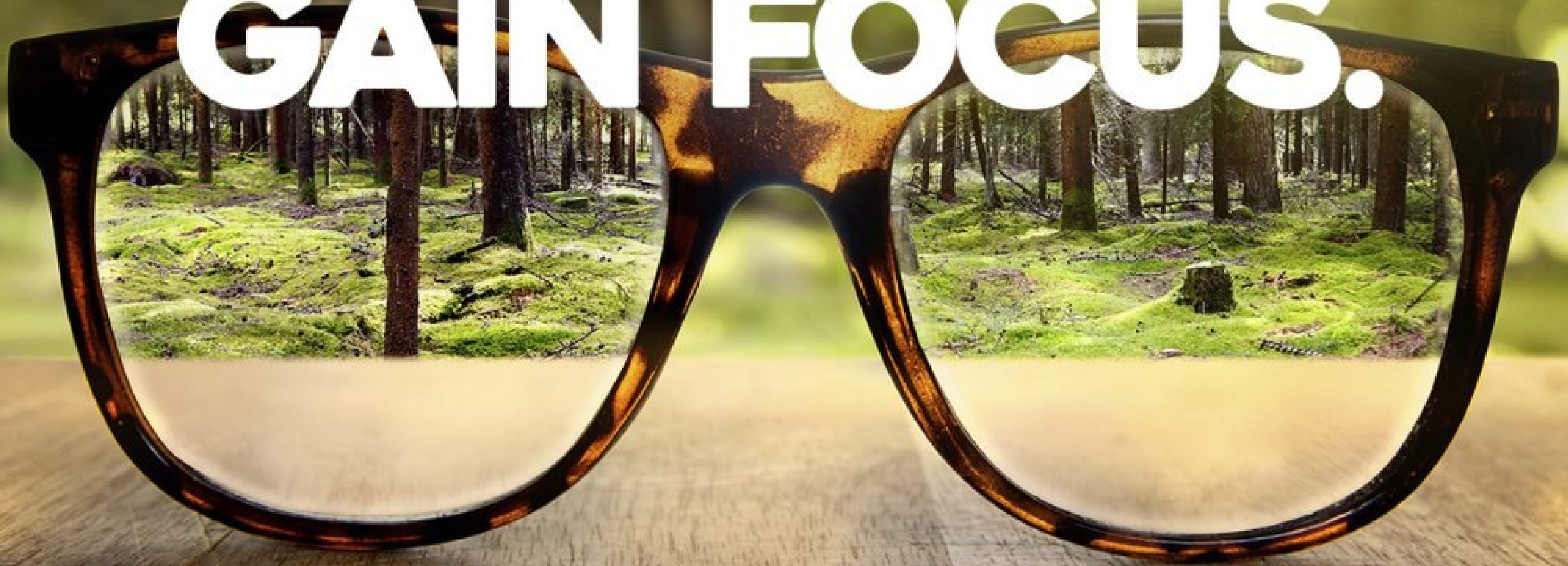
**Who is a shero or hero you follow?  
What leadership skills do they embody?  
What are your strengths?**

**GREAT POTENTIAL**



**I SENSE IN YOU**

**GET CLARITY.  
GAIN FOCUS.**



# WOO

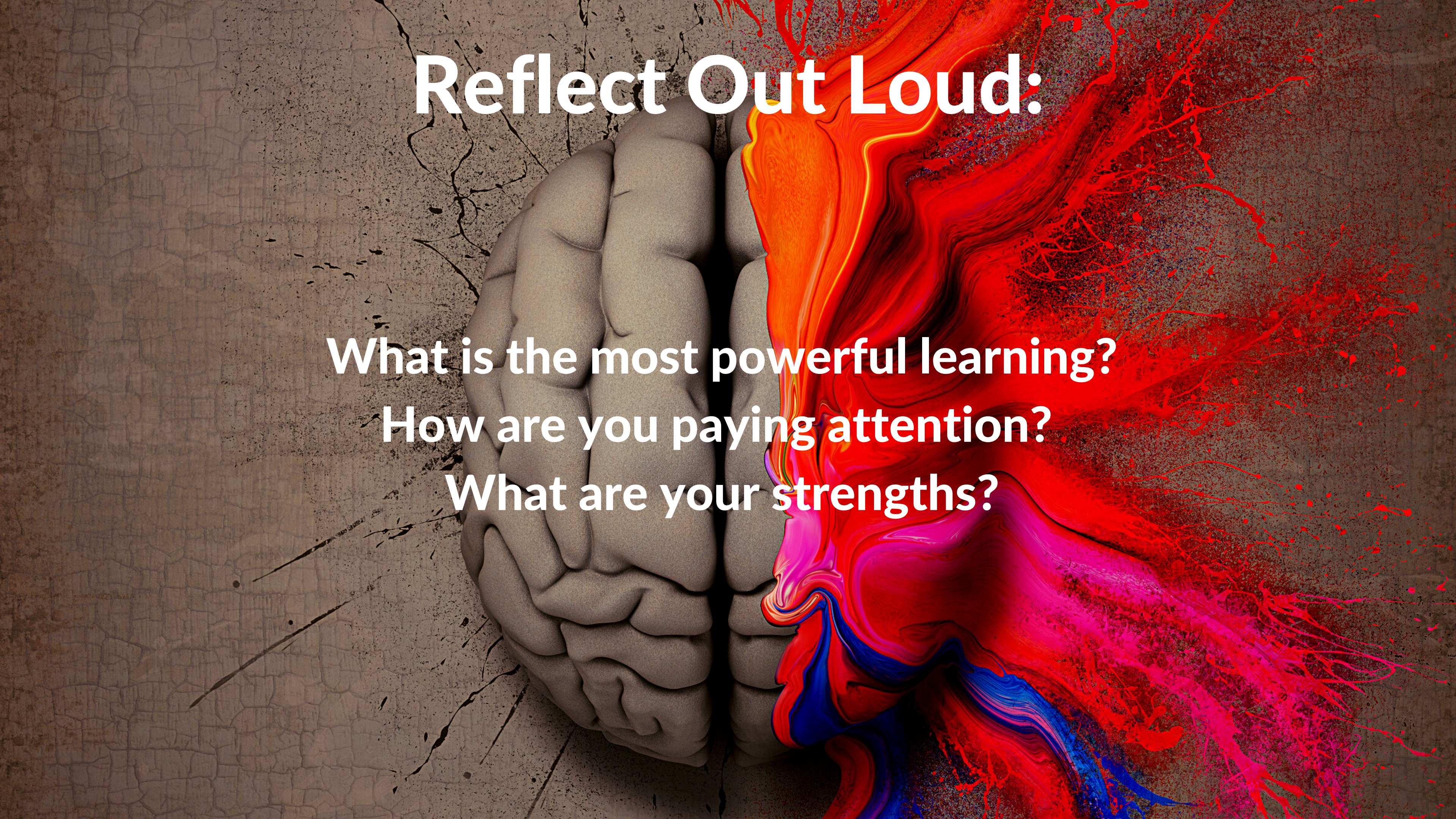


# Reflect Out Loud:

What is the most powerful learning?

How are you paying attention?

What are your strengths?



A hand holding a brain with colorful neural pathways. The background is a textured, greyish-brown surface. The brain is rendered in a realistic style, with the left hemisphere in shades of orange and red, and the right hemisphere in shades of red and purple. The hand is shown from the side, with fingers curled around the brain.

# MINDFULNESS

## The New Antidote for Stress

*Suzanne Jewell*

[SJ@SUZANNEJEWELL.COM](mailto:SJ@SUZANNEJEWELL.COM)



[WWW.SUZANNEJEWELL.COM](http://WWW.SUZANNEJEWELL.COM)

