

Conscious Leaders know that the practice of presence is by far the most beneficial and exponentially transformative skill to cultivate. Presence is being with what is—exactly as it is. The benefits of presence include efficient use of time, authentic connection, easeful collaboration, access to creative capacities, and increased vitality. Being present allows us to actually **BE** in our experience and gain the wisdom and insight from it. This wisdom plus our cognitive intelligence makes for a powerful combination!

Not Present

- ego
- being right
- maintaining conflict
- curbing emotions
- personal or team agenda
- criticisms
- “this is the way”
- fear
- adrenaline
- Hero, Victim or Villain
- quantity of actions
- doing from mind
- stories/mind chatter
- unconscious patterns



Present

- beyond ego
- being connected
- constantly learning
- emotions add wisdom
- win for all
- appreciation
- innovative ideas
- compassion
- breath and movement
- taking responsibility
- quality of actions
- doing from being
- reality/truth
- conscious commitment



**YOU CREATE FROM YOUR STATE.
FROM WHERE WOULD YOU PREFER TO BE INTERACTING?**