Associate Professor, Dr Suzanne Henwood
LEADER

LUBRICANT
Leading in a Changing World

- **Volatility**: Fast change without a clear predictable trend or pattern.
- **Uncertainty**: Frequently disruptive changes; past is not a predictor of the future.
- **Complexity**: Multiple, interdependent causes.
- **Ambiguity**: Little clarity about what is ‘real’ or ‘true’.

*Don't panic.*
Evolution of Leadership:

- Bureaucratic – Leader as Commander
- Paternalistic - Leader as Parent/Hero
- Servant - Leader as Empowerer
- Collective - Leaders as Stewards of Authentic Purpose
Great Man Theories 1840s
Trait Theory 1930s
Behavioural Theories 1940s
Contingency Theory 1960s
Transactional 1970s
Transformational Theories 1970s
Servant Leadership late 1970s
The Leadership Challenge 1980s
Leadership as Relationship 1990s
Accelerating World Knowledge

Accelerating Rate of Change

Knowledge

Year

~ 2020 +/- 5
Exponential Change

Accelerating Change

Personal

Financial

Organisational

Global

Technology

Bio-Technology

Social

Environmental
What People say we Need

• Wiser Decision Making
• Compassion
• Connection
• Adaptability
• Fluidity
Call for ‘whole – head, heart & gut’ leaders

“Complex times require complete leaders. Partial leaders struggle during an era of paradox, ambiguity and unpredictability. A one-dimensional leadership approach may have worked in simpler times, but in an environment of moral complexity and rapid shifts in attitude, social and political circumstances, economic conditions and technology, leaders must be capable of using their head, their heart and their guts as situations demand.”

Call for ‘Heart & Gut - Adaptive’ leadership

“Solutions to technical problems lie in the head and solving them requires intellect and logic. Solutions to adaptive problems lie in the stomach and the heart and rely on changing people’s beliefs, habits, ways of working or ways of life.”

mBIT multiple Brain Integration Techniques

mBRAINING

USING YOUR MULTIPLE BRAINS TO DO COOL STUFF

You have a brain in your head, heart and gut. Based on the latest Neuroscience insights and using NLP and Behavioral Modeling, this book will show you how to use your multiple brains for wisdom and success!

GRANT SOOSALU & MARVIN OKA
Your Multiple Brains

Cephalic brain
~ 50 – 100 Billion neurons

Enteric brain
~ 200 – 500 Million neurons

Cardiac Brain
~ 30 – 120 Thousand neurons
The Prime Functions of the Neural Networks

Cognitive Perception
Thinking
Making meaning

Identity
Self Preservation
Mobilisation

Emoting
Values
Relational affect
Heart brain

• Generates the body’s most powerful and extensive rhythmic electromagnetic field, ~60 X greater in amplitude than the head brain and permeates every cell in the body. The magnetic component is approx. 5000 x stronger than the brain’s magnetic field and can be detected several feet away from the body.

“Entrainment”
Heart Coherence

Changing Heart Rhythms

FRUSTRATION

HEART RATE

APPRECIATION

HEART RATE

TIME (SECONDS)

Copyright Institute of HeartMath Research Center
Coherence vs Relaxation

Anger

Relaxation

Appreciation
THE mBIT ROADMAP

mBIT Road Map

Wisdom

Highest Expression
Creativity (cephalic brain)
Compassion (heart brain)
Courage (enteric brain)

Congruence

Communication

Autonomic Balance
REAL LEADERSHIP

Compassion

Creativity

Courage
Call for Compassionate Leaders

Christina Boedker from the Australian School of Business has uncovered a “positive link between productivity and compassionate leadership.”

She studied more than 5600 people across 77 organizations, and found the single greatest influence on profitability and productivity was the ability of a leader to be Compassionate.
The mBIT Foundational Sequence
What is the most Compassionate, Creative and Courageous ‘leader’ that I can be and do today?
mBIT Leadership Decision Making
In a complex world

mBRAINING

THANK YOU! Please do keep in touch ...
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Facebook pages: mBraining4Success and Suzanne Henwood Coach and Awakener