



“CONSCIOUS LEADERSHIP FOR A  
THRIVING ORGANIZATIONAL  
CULTURE & A POSITIVE IMPACT”

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*“Conscious leadership is the ability to lead oneself and others from the place of higher consciousness that comes from the alignment of body, mind and soul and manifests as the embodiment of the soul’s purpose and a fully realized potential.”*

*~Tatyana Gao*

- *Conscious Leadership for Organizations*
- *Conscious Leadership for Individuals*



LEADING FROM THE PLACE  
OF INNER POWER VERSUS  
VICTIM MENTALITY &  
CIRCUMSTANTIAL POWER

# Organizational Impact

## *A Leader with a Victim Mentality*

- *Lacks personal inner power*
- *Blames others for job not done*
- *Doesn't take responsibility and ownership for mistakes*
- *Uses circumstantial power to manipulate people*
- *Create toxic work environment and culture*
- *Policies are to control, restrict and limit people*

## *A Conscious Leader*

- *Knows oneself well*
- *Aligned in body, mind and soul, higher purpose and values*
- *Takes full responsibility for one's actions and the team*
- *Empowers employees*
- *Creates policies that uplift, educate and inspire people to be and do their best*
- *Thriving organizational culture*

# Personal Impact

## *A Leader with a Victim Mentality*

- *Lacks personal inner power*
- *Blames others for everything*
- *Doesn't take responsibility and ownership for their life*
- *Has poor relationships with people*
- *Doesn't attract and get great opportunities*

## *A Conscious Leader*

- *Leads oneself*
- *Knows oneself: values, non-negotiables, wants, likes, dislikes*
- *Aligned in body, mind & soul*
- *Lives one's higher purpose*
- *Takes full responsibility for one's actions*
- *Thrives in all spheres of life: personal, professional, wellness, relationships, community, financial stability.*

# Becoming A Conscious Leader

Is about becoming Your Best Self, which includes:

1. **Knowing Yourself/ Self-Awareness/ Integrity**
2. **Showing up/ Authentic Self-Expression**
3. **Mindset and Attitude**
4. **Emotional Intelligence and Moral Compass**
5. **Intercultural Awareness and Communication**
6. **Magnetic Charisma and Energetic Presence**



# Knowing Yourself

**How do we truly know ourselves? – It's a process...**

- Spend time with yourself to better understand your reactions to situations, your likes, dislikes, passions, boundaries, desires
- Self-reflection, journaling
- Knowing what we don't want gives us clarity about what we want
- Personal development classes, programs
- Personality assessments: The Myers-Briggs Type Indicator (MBTI), Intercultural Developmental Inventory (IDI), Culture Wizard Assessment, Human Design, Numerology, etc.
- Work with a coach or a psychologist to create clarity around who you are and what you want.



# Showing Up/ Authentic Self-Expression

- *The way you show up in the world determines your relationships with people, the trust you gain, the opportunities you get, and your success.*
- *Being in integrity, keeping your word you give to yourself, and others helps you build trust as a leader of your life and a leader in the organization.*

# Mindset



20% OF LIFE HAPPENS TO YOU

AND

80% IS HOW YOU REACT TO IT

# What's Your Mindset?

*Fixed Mindset*

*Growth Mindset*

*Creative Mindset*

*Collaborative Mindset*

*Conscious Leader  
Mindset*

A close-up photograph of a hand holding a small, dark object, possibly a seed or a small stone, against a blurred background of green foliage. The image is overlaid with a white border and a motivational quote in white, sans-serif capital letters.

CHANGE YOUR  
OUTLOOK =  
CHANGE YOUR LIFE

# EMOTIONAL INTELLIGENCE



# Emotional Intelligence

*Based on Daniel Goleman's Quadrant*

## Self-Awareness

- Ability to read and understand your own emotions, their meaning and impact
- Knowing your strengths, weaknesses, values, and triggers
- Self-Confidence

## Relationship Management

- Ability to communicate your needs simply, respectfully and directly
- Having a sense of teamwork
- Collaboration
- Healthy conflict management
- Inspirational Leadership
- Developing Others
- Change catalyst

## Self-Management

- Ability to self-regulate, navigate and manage your emotions
- Personal Leadership: showing up for yourself, being in integrity with yourself
- Initiative/ Optimism
- Self-Care and Self-Love

## Social Awareness

- Ability to sense other people's emotions and be open to their unique perspectives
- Authentic listening
- Empathy - Taking active interest in things they are concerned about
- Organizational Awareness
- Service

# Intercultural Awareness & Communication

Connecting to  
people  
genuinely and  
authentically

Learning about  
their culture &  
communication  
style

You are an  
energetic  
match to  
people who  
come into your  
life.

Network and  
build genuine  
relationships

# Develop Magnetic Charisma

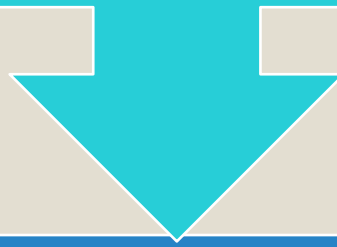
## Three Charismatic Behaviors:

1. **Presence** - authentic listening, paying attention
2. **Power** - being able to affect the world around us through money, authority, amazing physique or high social status. Expensive clothing.
3. **Warmth** - goodwill towards others.



# Magnetic Presence

Aligning your body, mind and soul through gratitude, being in the now and appreciating what you have.



Being under the influence of:

Your busy mind with rushing thoughts things that produces anxiety, overwhelm and you don't know where to start, OR

Your Higher Self, when you have clarity about what you want, how you want it and what the next step is.

# Practicing Presence:



Bring yourself into the present moment, by focusing on your breath, the sensations it creates in your body, warmth, ease.



Notice the sounds in the room or around you on the street.



Meditate, Yoga, Tai Chi.  
Go for a walk in Nature.  
Create a healthy morning routine.

# ANNOUNCEMENTS

## THRIVE IN JOY PROGRAM

*Create a Vision for a Thriving Future!*

**6-weeks**

**6 1:1 sessions**

**Flexible schedule**

In this program you will learn to:

- Develop healthy habits.
- Feel good throughout the day.
- Improve your health and well-being.
- Learn to recognize, understand, and manage negative emotions.
- Re-wire your brain to seek joy in life.
- Become the conscious leaders and creator of your life experience.
- Raise your vibration to attract abundance and positivity in your life.
- Establish an environment for successful transformation

<https://www.monadacoaching.com/thrive-in-joy-program>

*“Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny.”*

*~Lao Tzu*



QUESTIONS?

# Thank you!

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