

## **Conscious Mindful Leadership: Leadership, Love and Legacy**

I was listening to a CBC radio show on the program **The Current** recently that moved me to tears. In this program, entitled *Women of Zimbabwe*, two women talk about the hardships that they bear under the rule of President, Robert Mugabe.

These brave women speak out publicly in order to inform the world about the horrific events occurring in Zimbabwe so that they may make a difference for their children and families.

In the broadcast, these women shared that they decided they need to show courage to their children in order to bring about change. Their approach of non-violence is regularly met with arrests, death threats, and abductions. The women shared that as mothers, they bear the brunt of the crisis in their country. Daily, children go hungry and there are no jobs. One of the woman stated “We deserve to have bread and butter, and we deserve to have love- Love is something you can sacrifice for.”

As I listened to this broadcast, I thought to myself, what do I stand for as a leader? What message is so important that I would risk my life? I am fortunate in this country that I do not have to fear being jailed for sharing my opinions and for being a proponent of non-violence. However, this being said, I think that we can be somewhat complacent and not realize the difference that we can make individually for the betterment of the planet and others. I believe that it is important to bring love and non-violence to the whole world. What can I do, in my cozy corner of the world that will make things better for those experiencing discrimination and hardship?

Although we live in a country where we have a great deal of freedom, how many of us choose to really take a stand for what we believe, and choose love in our daily interactions. How often do we get angry, shout, swear, or curse others, either outwardly, or with our inside voice? As you think for yourself, about what inspires you, and gives you courage, consider what you are standing for every day as you get up, and move around the world. Consider also, how you treat others, in your thoughts and deeds on a daily basis.

As you interact with others, are you operating from a place of love and respect, or are you operating from a place of anger and frustration?

When you meet with each person in your day-to-day life, you have an opportunity to open to them and greet them as a teacher, or, you have the choice to close, become harsh and rigid. It is important to notice your reactions- as you become conscious and aware of your reactions you are better able to choose a response that makes you and the world, a better place to be.

In my book, *Conscious Mindful Leadership: Your Path to Greatness in Work and Life*, I ask you to explore who you are and what brings you great joy. I also ask you to consider what causes you great frustration. Often the things that cause us the greatest challenge are the areas where we are meant to grow, and they offer us a gift. I ask you to consider, who are you as a leader? Who looks up to you? Who wants validation, thanks, appreciation and support from you? When others need this, how do you respond? What difference do you intend to make in this world? How do you intend to make this difference?

As you consider these questions, give yourself permission to look deeper than your initial responses. Like the women in Zimbabwe- what is it that is really important to you? What legacy do you choose to leave in the world?

Explore with a depth of curiosity that goes beyond ordinary thought. Learn with curiosity about your processes; building mindfulness and making the necessary changes often will take a huge amount of courage. Consider why this change is necessary for you.

Questioning and exploring the fundamental essence of who you are and what is important to you takes a great deal of courage. Embrace what you discover, and have fun!

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**For more information on *The Women of Zimbabwe Arise* see <http://www.cbc.ca/thecurrent/2009/200911/20091117.html>**