



...hoffman...

Leading with your Integrated Quadrinity

with Senior Hoffman Facilitator Stella Horgan

zoom

Zoom ID : 840-6409-5801

Wednesday 1 July

7.30-9.00pm UK



An inspired definition of leadership is:
'solving problems creatively and in so doing, creating a better future.'

How do you want to express your
leadership in the world?

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Welcome

What's on offer

Thank you for signing up to our Hoffman webinar. This session is going to be led by Senior Hoffman facilitator Stella Horgan. During the webinar, Stella will help us connect to what is valuable inside ourselves, and how we can fully work with all aspects of our Quadrinity in using our inner wisdom to have a greater impact on the outside world.



What we ask of you

Our Zoom calls start at 7.30pm UK (you're welcome to log on from 7.15pm) and last until 9.00pm. Instructions will be given, but if you can, it's helpful to familiarise yourself in advance with how to mute/unmute your microphone, as there will be moments that require silence. For those taking part with video, it's also useful to know to switch from Speaker to Gallery view.

As with all Hoffman events, we ask that you respect the confidentiality of other participants at all times and treat other one another with courtesy and respect.

We will be recording an audio-only version of the webinar to share with other Hoffman grads who are unable to attend the live session. If you wish to remain anonymous, you are welcome to use the 'chat' function on Zoom to ask questions, rather than speak out loud. Your details won't be shared with others who are not taking part.

And one very important, non-technical bit - please make sure you have a notebook and pen!

What next?

We hope that you will be inspired by this webinar to take part in similar events in future, as well as our daily Zoom Quad Check, which takes place every weekday at 8.00am. For details - as well as access to free visualisations, the Hoffman toolkit and more - visit: **hoffmaninstitute.co.uk/post-process-website**

Quadrinity Check-In

Which aspects of your Quadrinity are uncomfortable / fearful / troubled / ashamed or challenged about you as a leader/aspects of your leadership?

Intellect

What **thoughts** does your Intellect have about your leadership?

Emotional Self

How does your Emotional Self **feel** about you as a leader?

Body

Do you feel a **physical** reaction when you consider leadership? Where does this live in your Body?

Spiritual Self

What if you could bring it all together - what kind of a leader would you be?

Leadership in your childhood

As child, what messages were you given about leadership? What model of leadership did you see growing up?

Messages from Mother:

Messages from Father:

Impact today:

If you could rewrite what your parents said, what would you have them say?

Family roles

What were the roles you played in your family as a child? Name them:

How does this impact your authentic leadership today?

Intellect / Emotional Self truce

What is the dialogue between your Emotional Self and Intellect - is there an imbalance?

Write out the dialogue:

Allow SS to step in and create a truce.

Note what each aspect says:

Transference Worksheet

I had a positive negative reaction to _____

Day/time and location

_____ *when and where only*

I experienced you as

_____ *my perceptions, judgments, and quotations*

Like my

_____ *mother/father/surrogate*

The patterns I went into were

which I learned from my

_____ *mother/father/surrogate*

I am free of transference

I am still in transference

Vicious Cycles



Identify your Shame Belief

Draw your own Vicious Cycle here:

Know thyself...

Let's use these tools to identify areas where we might feel weak, inadequate, fearful, self doubt, failure, etc.

What are we trying to move away from, to defend from?

If we can meet this with compassion and use tools to transform, how would our leadership be different?

How does knowing ourselves and our vulnerability help us work with others?

Notes and reflection:

Make some notes on your embodied Spiritual Self leading your Quadrinity. What did you experience?



Thank you!

Thank you for taking part in the webinar, and we look forward to welcoming you at future online workshops and events. Visit: hoffmaninstitute.co.uk/post-process-website or remember to keep checking our newsletter for details.

We'd also like to thank Stella for hosting this webinar.

You can book one-to-one Hoffman coaching with Stella (and with other members of the Hoffman UK facilitator team) via our website: hoffmaninstitute.co.uk/book-hoffman-coaching

if you have found value in this or any of our free Zoom sessions and feel moved to make a contribution to Hoffman's running costs, you can do this via PayPal directly into the account: www.paypal.me/hoffmanuk

We're working remotely, but you can still get in touch:

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