

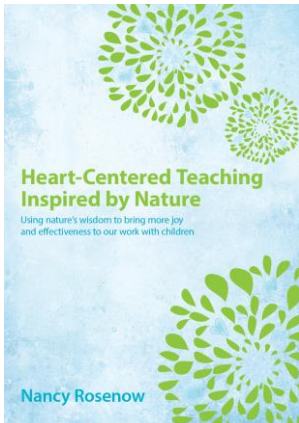


**Inspire Nature-Rich Work Environments
through Heart-Centered Leadership and a
People-Centered Approach**

**What is Heart-Centered
Leadership?**







“Organizations led by heart-centered leaders become interdependent, mutually supportive, and joyful. That doesn’t mean people don’t work hard, get discouraged at times, or face challenges. What it does mean is that any challenge is secondary to the sense of purpose and pleasure felt by a shared commitment to an important mission.” (Nancy Rosenow, 2015)









“Post-occupancy Study of Nature-based Outdoor Classrooms” – Dr. Sam Dennis



“Compared to both indoor and traditional playgrounds, children in outdoor natural settings were reported to be more relaxed, happier, less impulsive, more focused, more creative and better behaved.”

(Dennis 2014)









Honoring our Personal Qualities



Qualities and Values

Quality: Dictionary definition = an essential or distinguishing characteristic, property, or attribute.

Value: Dictionary definition = a principle, standard, or quality regarded as worthwhile or valuable.

In the context of Leading from the Heart, a quality or value is the attribute that, were we more in touch with it, would assist us in taking our next steps as individuals or as a collective group. This applies to how we relate with other team members, with our clients and people we serve, and with ourselves.

Suggestions for using quality cards

- Select a quality each day. How do you relate to it? What value does it have for you? How can it support you in your endeavors? Use this quality as a focus throughout the day and reflect on how it impacts your experience.
- Pick a quality at the beginning of a new cycle, or a new venture. You can pick one with a particular task in mind, a challenge to overcome, or to simply give you direction to focus on for a particular period of time.
- In team meetings, pass the cards around, have each person select one and share how they relate to the quality selected. Ask them to consider what opportunities exist for them with this quality.
- Ask team members to select a quality and reflect on it for a full month, sharing during team meetings or in some other way appropriate.

Sample Qualities and Values

Sample Qualities and Values

Abundance	Creativity	Gentleness	Laughter	Risking
Acceptance	Delight	Giving	Learning	Self-care
Adventure	Determination	Grace	Liberation	Sensitivity
Assertiveness	Dignity	Gratitude	Light	Serenity
Attunement	Discernment	Happiness	Loving	Service
Authenticity	Discovery	Harmony	Mindfulness	Simplicity
Awareness	Education	Healing	Openness	Spontaneity
Balance	Efficiency	Heart	Patience	Steadfastness
Beauty	Empowerment	Honesty	Peace	Surrender
Birth	Encouragement	Humility	Perseverance	Synthesis
Bountiful	Endurance	Humor	Playfulness	Tenderness
Calm	Enlightenment	Independence	Preciousness	Tranquility
Caring	Enthusiasm	Initiation	Presence	Transformation
Clarity	Expansiveness	Innocence	Purity	Trust
Commitment	Exploration	Inspiration	Purpose	Truth
Communication	Faith	Integrity	Radiance	Understanding
Compassion	Flexibility	Intention	Respect	Vigilance
Cooperation	Forgiveness	Intuition	Responsibility	Willingness
Courage	Freedom	Joy	Revelation	Wisdom
Co-creation	Generosity	Kindness	Reverence	Wonder







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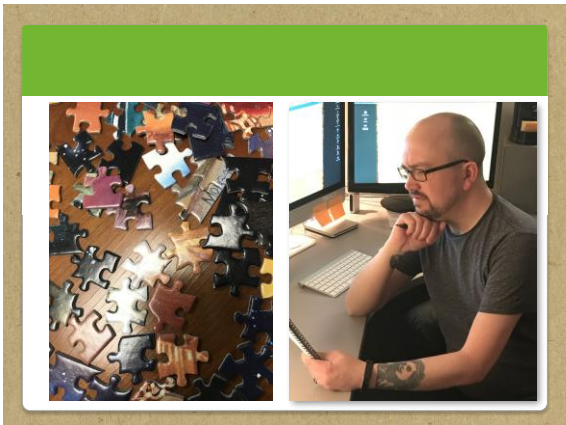
1. Pass the cards around, have each person select one and share how they relate to the quality selected.
2. Ask team members to select a quality and reflect on it for a full month, sharing as they go.

Encouraging Time in Nature










As a leader, how can you embrace experiences with the natural world as a means to support your network?



Encouraging Time in Nature



1. Find time/place outdoors for teachers to take breaks and work together
2. Create a Nature Explore Classroom

Supporting Lifelong Learning





Imagine what your work culture will reflect when you empower your staff to release preconceived ideas about what is possible to learn and become.



Support Lifelong Learning



1. Encourage teachers to be reflective practitioners
2. Embrace the growth mindset in ourselves and others.
3. Learn about each person's interests and looks for opportunities for them to be used.

Live in Gratitude



"We can't wait until everything is ok with us or with the rest of the world to feel thankful, or we will never experience it at all."

MJ Ryan



What would a culture of gratitude look like?



1. Start each day with a list of things that fill you with gratitude
2. Intentionally set-a-side time to appreciate someone on your team
3. Reframe the way we approach and talk about our challenges

Celebrating





Celebrating the accomplishments and success of others helps us to consider their perspectives and lets them know that we are truly seeing them.







Celebrate



1. Start conversation and meetings by acknowledging what is going right
2. Celebrate the small steps that lead up to a big goal
3. Spend time in joy with each other



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