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Inspired & Empowered Living™

**The Intuition Advantage Leadership Program
For the Intuitive Conscious Leader**

Handout for Authentic Leadership Module

Part 1

After listening to the audio or watching the video, please answer these questions.

What roles did you play in your family to survive or to be loved and accepted?

How have these roles stopped you from being authentic? And from being an authentic leader?

Part 2 – Healing The Shadow Part

List a few shadow parts you have become aware of?

How have these shadow parts kept you from being authentic? And an authentic leader?

Please answer these questions after the Healing the Shadow Part meditation:

What was the shadow part that surfaced? What were you feeling? Did you notice any sensations in your body?

What happened when you transformed it? How did you feel? What did you notice in your body?

Part 3 – Stepping Into Being An Authentic Leader

Please answer these questions after doing the Stepping Into Being An Authentic Leader.

How did you feel when you began the meditation? Did you believe you could be authentic? Did any issues surface for you when you began?

How did you feel before you stepped through the doorway? Was there any fear or resistance?

How did you feel when you felt yourself as an authentic leader? Were you able to embody it or were you feeling challenged about being able to experience being an authentic leader?

What did you feel, see, hear and experience Being an Authentic Leader?

Journal about any other insights or realizations you have had doing this module.