



## **'Leading In These Times' – Main themes emerging from our December Zoom Conversation**

Our theme for this time was looking back over our journey this year with fresh eyes, pausing to notice the deeper wisdom and learning from our experience that we do not always take the time and space to 'harvest' more consciously – in the hope that we can remember and trust this as we step on into our leadership journeys next year.

As Karen put it, we live our lives going forwards but make sense of them looking backwards. (Too often sadly we can tend to reverse this axiom, trying to predict or fantasise the future, whilst being stuck in the past!)

Some of the themes that emerged as we paused, using the wisdom of heart and gut as well as head, to notice what has really been formed in us during this year:

- We made it! And looking back can take pride in things we did and stands we took that made a difference, even though it felt so hard much of the time.
- How much we did actually cope with – and how well the mind can cope, at pace in so much complexity and unknowing
- Real learning about the difference between resilience and endurance. 'I knew it in my head before, but now I really know it'. Learning to spot when we cross that threshold between what is sustainable and what is not. Learning to listen to the body for the first time and to welcome and trust what it is telling me.
- The courage to stand in what we are experiencing, feel it and the strength we find in recognizing it – the freedom not to be caught up in controlling, manipulating or avoiding our inner responses, but just to allow and notice them.
- Growth is messy, learning to stand in the questions and resist premature, tidy answers
- 'Being forced to stop and reflect'. The sense of clarity and calm we can find when we pause and look a little deeper. How quickly this refreshes the head.
- Again the power of the gut wisdom that is available and how this help restores strength, clarity and perspective. "This too shall pass". "I am stronger than I thought I was". "I am OK."
- The unlocking of compassion and sensitivity, "cultural kindness"
- How much we learn in the dark valleys as well as the mountain tops. The wider, deeper wisdom that can surface in these times – the honesty that we are forced into and how much is released when we are this honest: practically and emotionally.
- Family and friends matter – they have a significant impact on our mental health and have been under appreciated in the busyness of lives
- The differentiation of happiness, that is often fleeting, and joy which is enduring, a backdrop mood that enables us to be in the messiness of life
- Being forced to confront our limits – so different from the illusory busy whirl that we were in before – meetings and travel etc.
- How these times have given us a richer, wiser perspective as leaders:
  - o The significance of being clear about our why, our meaningful contribution and having a purpose that is aligned to what we do
  - o Being clear on the values that hold us together
  - o Seeing people as multidimensional not just 2D
  - o More time in the you-sphere, less in the me-sphere – the generosity that has flowed
  - o The joy of discovering unexpected talent and expertise and other sources of help, as we just have to let go and trust
  - o The reward of inviting courage in others

- 'Awe at people's capacity'
- Everything I do or say matters, people notice, look for signs of safety and stretch
- Some of the powerful learning we have shared and taken and applied from these exchanges
  - the things that have stuck with us
    - 'Making gentle the life of the world'
    - 'Pace, space and grace'
    - Learning to pause and still, accessing our heart and gut wisdom as well as the head.
    - Noticing the balance of our energy more – when the heart is online and when it isn't. Noticing when it is ok to 'fake it' and when authenticity is required – and that is ok – part of the necessary wisdom of our leadership.
    - 'Gratitude' – and the effect it has.

We're looking forward to seeing you all again on 15<sup>th</sup> January, in the meantime Happy New Year.

Very best wishes

Chris & Karen



## **'Leading In These Times'**

### **Main themes emerging from our November Zoom Conversation**

How helpful it was to come together again in 'these times' with all the impacts we are experiencing in the current rollercoaster ride.

Our prompt for sharing this time was noticing how we are balancing positive virtues, such as hope/courage/patience/kindness whilst staying 'real' and not denying our experience of their opposites (doubt/fear/impatience/frustration). In many ways the essence of leadership.

Karen in her stilling exercise gave us a rich metaphor/physical embodiment for this: 'Strong back, soft front'.

A particular theme that emerged was that of 'control' or rather the feeling 'out of control' in the churn and turbulence we find ourselves in – both internal and external. As we explored this, the metaphor of kayaking emerged and the paradox of the sense of freedom that you can find in this – the aliveness and awareness of sensing when to go with the flow and when to exert force and strength to resist it. A number of you expressed a sense of being able to access more 'stillness' and personal spaciousness, often from the inner critic or the burden of false expectations – and how important this can be in discernment and finding a thoughtful responsiveness rather than a hasty reactivity.

'So useful coming to these sessions. Learning I am not alone'. 'Learning not to beat myself up'. 'Trusting my gut – if it feels right here, do it'.

But also recognising that this can itself become a trap, if it becomes a quest for perfection and we start beating ourselves up when we lose our stillness spaciousness! The wisdom from last time – we are a constant work in progress!

So much of this is how we work with our emotions – being able to feel them and sense them without getting taken over by them. 'So helpful to clear my frustrations, and worries'. Brings a new perspective. The 'oscillation' that inevitably occurs in the face of trauma/loss/grief – 'being mindful of energy, caring for myself'

The other theme around control was, of course, trust. It is so often when we come to our own limits that we find ourselves having to let go and access the true resourcefulness around us, sometimes in people we least expect it from. 'There is so much good will out there'. When people know we really need it, it comes. How when we speak from the heart people understand and engage with us in ways the most carefully crafted communications fail to achieve. It is a reminder of one of Pete's favourite aphorisms 'Connect, not convince'.

Some other observations:

'The value of this' – (meditating and other renewal practices) – 'we make much better decisions when we are caring for ourselves'

'Accepting it when there is no way back – so much energy gets wasted fighting reality'

Seeing things differently – ‘a ton of opportunity in all this – less procrastination, more action, more courageous/fearless’ ‘Thinking outside the box. In fact, smash the box’.

‘Virtue in the small things – a greater sense of hope’.

The transformational nature, and simplicity, in all this: ‘To make gentle the life of the world’

‘It is not either/or (strong back/soft belly), it is both’. How the processing mind by its binary nature tends to polarise because it cannot contain both ends of the polarity at the same time – but the body can.

And the now familiar benefits of this short period of time together:

‘I feel lighter – a weight/burden lifted’

‘As on a marathon... hitting the wall - I feel hydrated – I can keep going’

Looking forward to seeing you all again in December.

As Karen mentioned at the end, we plan to continue with these next year. Please do pass the word on to others who may be able to benefit from it.

Very best wishes

Chris and Karen



## **'Leading In These Times'**

### **Main themes emerging from our October Zoom Conversations**

Again a huge thanks to all of you who took the time out in the midst of a busy day to join us last month. As ever it was very enriching to see how quickly, in just the space of two hours, we managed to get to the depth we did. Thank you.

Our prompt for sharing this time was noticing what we are 'containing': the quality of the energy flowing through us and around us and the effect this has.

A particular theme that emerged was how to keep a sane perspective on our own sense of responsibility which can have us trying to contain too much, and for too many others. It is difficult in isolated leadership roles to keep perspective and it can feel like everything comes down to us, even when the events and factors driving the things we find ourselves holding are way beyond our control. How do we keep our own spaciousness that has us able to take stock of what we choose to hold - and what we say yes to and what we say no to.

The other thing we hold is a lot of emotion, especially in these times, and, of course it's not all our own – it sits within the system, and in our wider society, and we unconsciously pick it up in our hearts. So the capacity to pause, ground and examine what we are holding emotionally in the heart is very important. Otherwise it leaks into our thinking and behaviour and we 'act it out'. One emotional dynamic that is very present is that around hope, doubt, confusion and weariness. Paradoxically embracing doubt or uncertainty, rather than burying it, can help us sustain hope. So often the crucial role as leaders is to maintain hope - a sense and a trust in a future that we cannot see but know is out there. But this has to be real, not fake. It is the suppressing of doubt or other unwanted emotions that is often the source of our growing weariness. The energy in emotion can be transformed if we face into it – as we do together in these sessions.

We all are experiencing the ebb and flow of this in varying ways and at different times, and it is invaluable as we travel this zoom journey together to see this playing out in our midst – it helps us keep perspective and to know that we are all in this together and that whatever we are feeling is temporary, that we are playing a longer game. Again we noticed at the end, the shift that such a short session can have – a lightening of burdens and a new clarity of perspective after such a short session together.

Some other key observations that emerged:

- Containment overload can lead to apathy or anxiety. Then we lose the will to address it.
- Space, pace and grace has been a useful prompt. Maintain a cool head and a warm heart
- Adrenalin is ebbing as we face wave 2 – how do we keep things together? (nb Telegraph article: 6 months breakpoint for tolerance of trauma zones). Time to reassess, re-establish resolve.
- How do we channel our feelings to support others, or to challenge or change things, e.g. don't become the anger, harness its energy.
- We were creative at the start of lock-down, what is the next evolution of our creativity?

- We no longer manage behaviour, we manage to outputs – more effective? Higher trust?
- The work model is unravelling. Focus on outcomes reduces the need for presenteeism.
- What is the displacement that is going on here in people's lives?
- Are we 'working from home' or 'living at work'? What is the role of work in people's lives, what is the role of business in life?
- Responsibility - Be OK with the incomplete – let you be OK with what is yours that is incomplete, it's not mine
- If this is the new normal how do accept it and I live and lead within it, rather than wait for it to end – embrace it don't fight it
- It is OK to doubt, in fact it is a crucial reality of leadership. We can learn to be present in the doubt, to welcome it and use the intelligence within it, rather than judge it or fear it.

Some of the comments at end

- Don't become the anger (emotion)
- Voicing what I am containing allows me to face it
- We are all a work in progress
- Become OK with incomplete
- Project positivity
- Good leaders will doubt, doubting will make good leaders
- One more step....it's all part of this journey

See you again soon!

Very best wishes

Chris and Karen



## 'Leading In These Times'

### Main themes emerging from our September Zoom Conversations

Again a huge thank you to all of you who took the time out in the midst of a busy day at such a full-on time to get us started in this series of leader to leader exchanges! As ever it was very enriching to see how quickly, in just the space of two hours, we managed to get to the depth we did. It is such a testament to the trust and maturity of this Fellowship. Thank you.

Our prompt for sharing was a short reflective monologue: 'I am at peace about.... I am not at peace about...' and it was helpful simply to articulate this, for some of us simply to appreciate some of the things that were strong and clear in our leadership and for some of us just to be able to express some of the deeper things that were troubling us helped us get a different perspective on them. The simple truth of stepping into disturbance, not avoiding it.

It was lovely at the end, after such a short session together that people described themselves in various ways as having arrived "stressed, burdened, tired, do I have the time for this...?!" and leaving "calm, re-invigorated, hopeful, lighter..." 😊. And we should note with thanks the quality of listening and deep understanding that was given that makes this kind of transition possible. This is of course a truth we can apply in our daily lives as we encounter people caught in their various burdens.

Some of the key themes that emerged that seem characteristic of the times we find ourselves in were:

- An increasing attentiveness to mental health and well-being: a real, heartfelt concern over people who are losing touch with their stability points – whilst recognising our limits in being able to shoulder responsibility for this. The importance of giving and holding space for people to be able to process their very different experiences of working life during covid. An understanding that the blurring of home/work boundaries were being handled in such different ways by people, but that vigilance is needed, particularly over the more self-contained who are less likely to send out signals of increasing stress or dislocation.
- The overhanging emotional climate – a certain trepidation or gloom about the imminence of a second wave. But as we spoke this was balanced by a gratitude for and increased awareness of people's amazing adaptability in the face of all that has happened – looking back at the journey since March and remembering/learning from this. Noticing what we can trust, rather than get caught by our anxiety over the next wave. But acknowledging that the growing fatigue and weariness is a new factor, with again the acknowledgment that this may be mood-driven as well as the inevitable draining that occurs when a short haul becomes a long haul.
- A liminal time – awareness of deep personal transition in ourselves and others. Many of us have been going through a process of having to find our own 'core' or 'rootedness' – a stability of being rather than doing. This of course is an up and down process and finding such stability can be elusive. 'Almost as soon as you think you have found it; you are in trouble' because by definition it cannot be pinned down or contained. It is a very different kind of learning and one no doubt we shall continue to explore.

- As part of this, being able to stay in the edginess/out of control-ness to let the clearer knowing come through. (The infamous 'Bear Hunt' children's book: you can't go round it, you can't go over it, you've got to go through it...). People seem to be developing a powerful noticing and self-awareness – for example catching ourselves doubting/ speculating and second guessing/worrying/losing confidence. And as we notice this and ground more in what is actually present we come back to a more rooted strength - Finding more trust/calm/perspective. We do what we can.
- Also developing the capacity to notice when we fall out of touch – and the effects of that. Both physically, cannot touch, and globally, unable to connect/travel. How we can mistake our little world for 'the' world – the need to be intentionally calibrating our experience with that of others – listening.
- A particularly rich theme in one of the conversations was a personal journey towards 'learning to love myself' in these times – and how deeply settling this was, removing unnecessary anxiety and driven-ness. And the paradoxical truth of how 'I then find myself caring much more about others' – a more expanded capacity to love others.
- A big theme for all of us was the blessing and the curse of responsibility. The very quality that takes us into leadership and drives us forwards so easily becomes a burden and a worry. How do we hold it firmly, but lightly – what is ours to hold and what is not – how do we keep it in the right place with the right people holding it, allowing people to make their own choices and to learn from these.
- Another thread was 'Passionate vulnerability' .... 'I care so deeply and I just don't know what to do...' the feelings of frustration and powerlessness that can come with this. Learning to trust the underlying passion and vision without being derailed by the frustration and disappointment. The need to pause, find space and reclaim perspective. Finding an inner and outer peace – a number of you commented on how helpful it was to breathe and access the 'gut' as a source of inner stability. The poet TS Eliot speaks of all this in his poem *Ash Wednesday* 'Teach us to care... and not to care.... Teach us to be still.'
- And some simple, helpful practicalities - 'Shed' with thanks to Sara Milne Row - sleep, hydration, exercise, diet.... Being 'purposefully selfish' – choosing our energy level for the situation ahead - ... 60%, 100%, 140%..?
- And finally the recognition, one of the main reasons why we so value these sessions, that we are not alone – that much of what we are going through and holding is not just our own, it is in everyone. 'Self as instrument' - what we are going through is what others are – how do we support people out of the wisdom of our own hardships, and the learning and wisdom that flows. How do we apply our own learning to help others and have the humility to ask others to help us learn from their wisdom?

Let's see how these themes develop over the next few months – there is much here to be attentive and enquiring into.

Looking forward to seeing you in a couple of weeks.

Very best wishes,

Chris and Karen





## Leading In These Times' – Main themes emerging from our July Zoom Conversations

Firstly, a huge thank you to those amongst the Fellows who took the plunge and joined us for our first Zoom conversation.

As many commented, it felt very timely – a rare opportunity to share some purposeful reflective space coming out of lockdown - and most importantly a chance to recognise that many of the things we felt we were each carrying personally were in fact shared themes and concerns facing many leaders at this time.

### Opening questions and themes that Fellows brought to the conversations:

- What just happened? A chance to pause and really see the structural, social and psychological fractures that we are now living in and leading through.
- Accessing the learning from our experience of leading in the moment: What do we do when we genuinely don't know what to do?
- What quality of leadership brings people through this? That is real, that respects the diversity of reactions, has the humility of unknowing and the courage and optimism to shape new possibilities?
- How do we connect meaningfully with those really being deeply and harshly impacted by this – beyond our own privilege?
- Is this a time to re-set, for long term as well as short term? Habits, assumptions, ways of working, emergent strategies, sustainable lifestyles, the notion of control and predictability, the potential of technology, relationships, the balance of priorities

Our conversation then explored in more depth the overlapping circles of **ourselves** and our **contexts**.... What is happening 'in here' and 'out there' and how is each affecting the other? What is happening on the surface, more reactive, and more importantly below the surface, where deeper change is outworking?

Some of the big themes that stood out when we explored our individual and shared contexts were:

### Context

#### i. Social

A lot of our attention was drawn to wider social concerns:

- A much greater awareness of *inequalities* - race, disabilities, health, economic power, age, gender, education. So difficult to get listening for non covid-critical issues: e.g. chronic care, disability access. What is the role of public policy at a time like this and what is our role in shaping it/creating the right conditions for how it is being formulated? Real, deep questions about the functioning of our State.
- A particular concern for the generational dynamics
  - younger with a lost sense of a future – bleak. But the energy for transformation and radical thought/action. How to release/harness?
  - Older, what does it mean to be a wise elder, with the privileges we have enjoyed. What should we be letting go of – giving space to others?

- The Pandemic; seeing the losses and gains through this period. How much people gave out of their own goodwill: innovation, adaptability, sheer dedication. Productivity and customer service may have increased, but has mental health and well-being of employees decreased?
- Geo-political trends and dynamics that are outworking below the surface as we all deal with Covid. How do we capture the balance of economic and environmental considerations? How do we balance our attention and focus on the scale, meta-changes, with those of immediate concern. Where do we start? It is so easy to lose touch with our bigger priorities, e.g. the health of our planet. If we have '7 years to stop irreversible damage', what are we really doing?
- Such positive learning around human kindness - creativity, growth and potential. The power of community rediscovered –how we have got to know people so much more fully and differently both at work and home.
- Noticing a growing faith/spiritual inquiry by a younger generation
- The evolution of our shared leadership culture - Who are we becoming? What do we stand for? Which Values and Voice are being brought to the fore?

By way of a summary, the one core question and challenge that came through for us as leaders from all of this was ***“what have we been able to overlook in the past that we can no longer overlook?”***

## ii. Organisational

At the **Organisational** level there were a number of more immediate concerns that seemed to be pressing in on us as leaders. Probably the biggest was the question of sustainability. In a remedial sense, this was about dealing with increasing depletion and exhaustion.

- Aware of how differently different people were being impacted –how to get the right level of support to the right people. How the people who were seemingly the most self-contained proved to be the greatest worry
- Mental well-being: the anxieties and trauma that people are burying: longer term impact of these
- How to keep up the level of communicate in these new ways and how exhausting
- Conscious of everything you say as a leader is heard and magnified
- Lack of control, and voice - carrying the decisions of others I don't agree with

More proactively, the conversation was around how we sustain positive learning from our response to the pandemic

- Humanising our work-places,
  - How people who were previously unappreciated in our organisations came to the fore: 'key workers' - cleaners, production workers, supply chain.
  - Giving care and consideration to each other – seeing each other in our own homes, humanising our working relationships; less easy to be judgmental and dismissive of each other
  - The de-hierarchising effect of Zoom –listening attentively to everyone, equal voice, people speaking directly into problems, not filtering. More straight, honest, better upward feedback channels
  - The learning we have all gained about being really conscious of work-life boundaries and the rhythm of the working day. More scope for working in our own ways.

- How we were able to respond with such pace and innovation when we needed to.
- A genuine learning environment, where we took decisions and learned as we went along.
- A more compassionate leadership emerging, allowing greater trust without letting standards slip.

## Ourselves

As the conversations moved to a more personal level, the value of the St George's House 'safe space' came straight to the fore. People were able to be really open about what they were experiencing and how they were finding it as a leader right now and the invitation to bring the deeper wisdom of 'head, heart and gut' to this unleashed some powerful insights about what is really going on for us and what is really needed by us, and of us, in these times.

The first thing was '**finding space**':

- Space to simply notice where we are at and what is speaking to us
- Noticing how we tend not to do this without prompting – tend not to listen to our own hearts and bodies – mind becomes hyper-active
- Where we have used busyness and distraction as avoidance
- Notice what we are bumping into, e.g. our own attachments and assumptions
- Cognitive activity extraordinarily heightened, exhaustingly so - but a realization that there was a lot of wisdom below the surface that need to access differently.

The **honesty** of the conversation was refreshing and people were able to acknowledge feelings of hurt or failure, often at our own sense of helplessness in the face, on the one hand, of the larger forces at work around us that are setting our organisations back and, on the other, the expectations of people around us who we can feel in some way we are 'letting down'. This highlights the perennial issue for leaders of the **responsibility** we take but how we have to bound this in the light of what we can and cannot control. '*Teach us to care, and not to care....*', as the poet TS Eliot framed it, '*...teach us to be still*'. If we are not careful it can feel very personal. It was therefore very restorative to hear how we were all working hard to keep our perspective in this dilemma and to help each other regain it.

Another big theme that emerged was the importance of learning to listen to and '**trust your gut**' as a leader in times like this – that there is a point of stability on the inside that we can access when there is so little on the outside. One particularly interesting theme was how willing and able people had been to trust their gut in the early phases of the pandemic, but how gradually this had been eroded over time as self-doubt increased and people started looking for certainties externally – in a context, of course, where government has been struggling hugely to provide them.

What became obvious as we began sharing was how much we carry **emotionally**. As leaders we do not only carry our own emotions but also the emotions of those around us, projected and introjected, and even the emotional climate of our wider society. This emotional turbulence can have a direct impact on our thinking and was one of the main factors behind the sense of increasing overload and lack of personal clarity that have become more prevalent as we have travelled through this. This reinforced the need to pause, breathe, feel - clear the heart as well as the mind and **get perspective back**.

Another interesting conversation opened up around the theme of '**survival**' – when is it OK just to be in survival mode and not to be harsh on ourselves for being there. i.e. not burdening ourselves with

unrealistic expectations about some of the bigger strategic questions when we just have to stabilise the ship, and ourselves. Having a healthy survival mentality that has us able to ask for help and let go of unrealistic self-perceptions. Otherwise we just pass on this stress and frustration into the systems around us (work and home)

## **Next Steps**

Having established such a great platform, the conversations will continue in the zoom **leader to leader exchanges** over the next 6 months or so, giving us all a chance to journey together and share the ups and downs of our learning during this extraordinary period in our history. We all know we will face different times and stages on this journey, from just 'hanging on', to renewing our hope and sensing into our power and potential to influence lasting change – in ourselves, our teams, our systems and indeed our society. The power in this community as we do this will be the way we help each other to keep perspective and unlock the emerging wisdom that is always available just below the surface.

During this time we will also identify themes topics for future conversations, particularly in the new **'Leading In These Times' stream** which we have built into next year's programme.

Currently we have included the following in our thinking for next year:

- Responses to upheaval - retrench or re-imagine?
- Connection and Community
- Younger Generation
- Creating listening and ownership for change during 'crisis as normal'
- Addictions & Freedom in the workplace
- Making Space for bigger life decisions
- Emerging narratives of 'these times' – how these may shape our reality
- Cultures and Climates of Fear and Love in our organisations
- Re-imagining team across hierarchies and boundaries

We will be in touch shortly to start booking people on to the new programme of conversations over the next 12 months or so. It looks like places will be capped at 16 for the foreseeable future, so be sure to book a place early if a particular programme interests you.