

# Heart Centered Leadership: The New Paradigm

B Y C H R I S T I N A D U P U C H

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## GUIDING PRINCIPLE

*Our heart is the connection to the core of who we truly are, which is beyond the limitations we impose on ourselves.*



HEART BASED  
INSTITUTE

# Defining Heart Centeredness

**Living a Heart-Centered life simply means:**

- **to live in balance integrating the heart wisdom and your brain wisdom**
- **incorporating your thoughts with your feelings**

*Being in alignment with your heart supports a connection to our intuition.*

Heart-Centeredness  
offers a Deep Level of  
Satisfaction



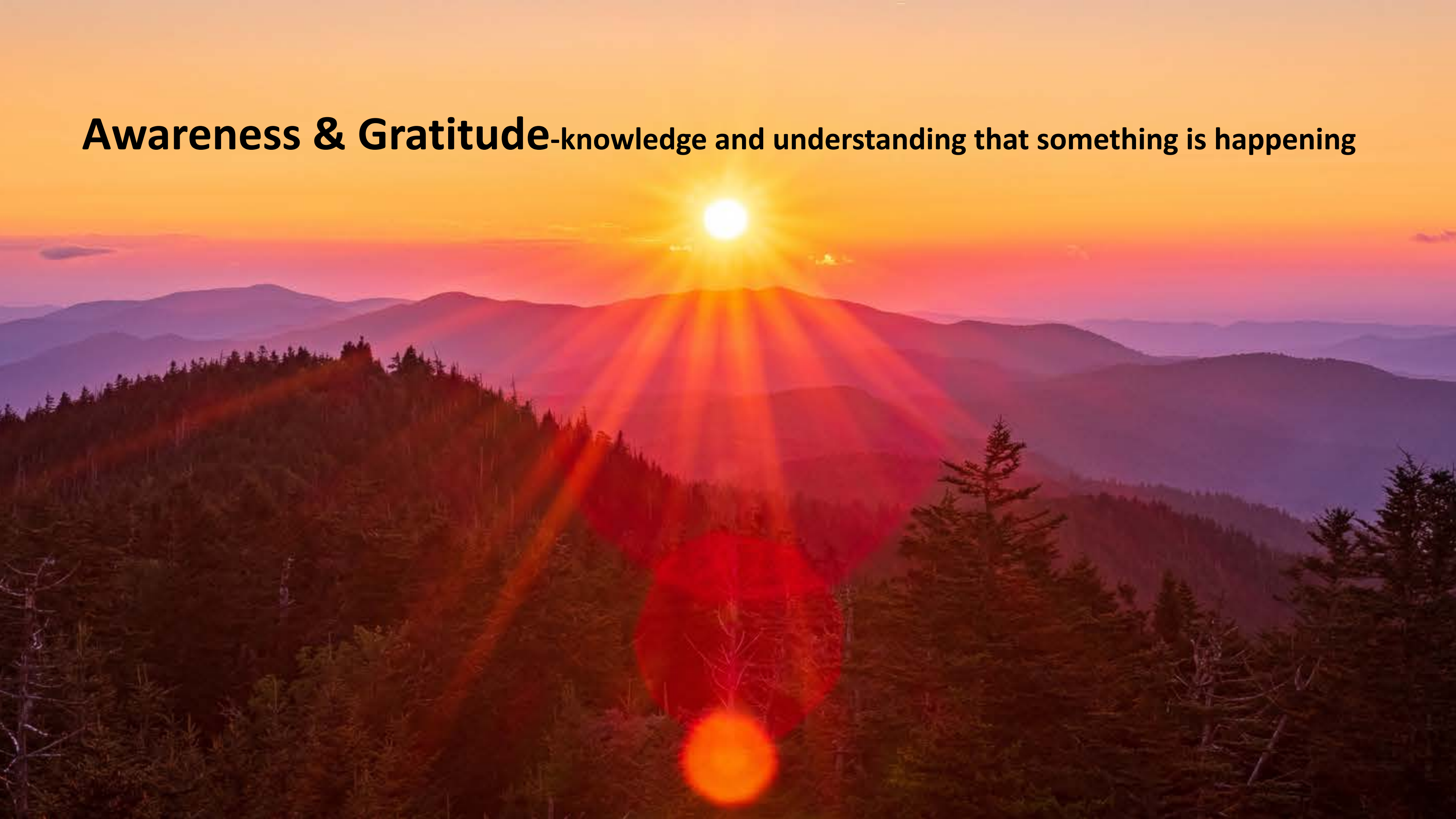
## Paradigm Shift

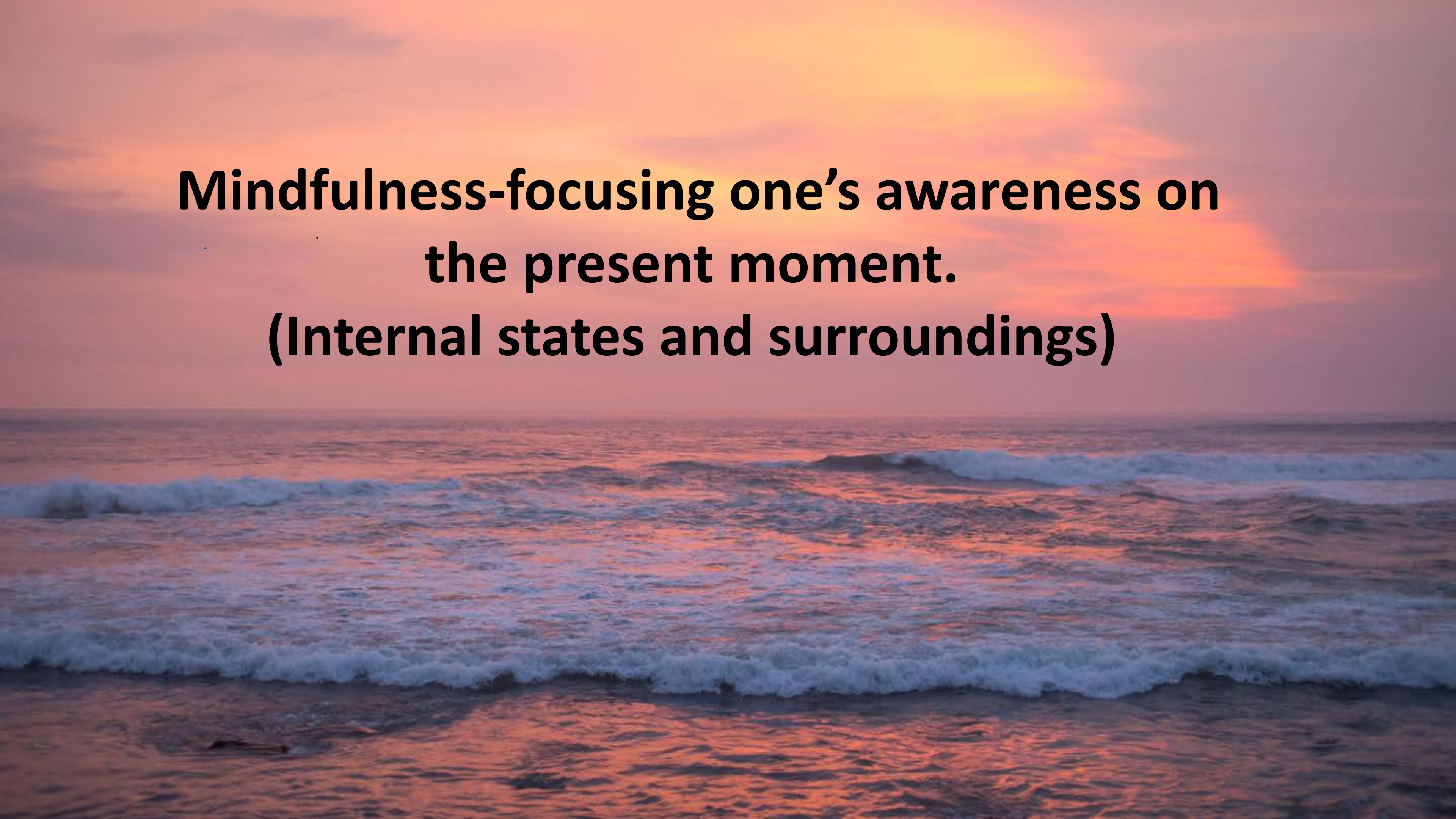
**So much of life is about coming  
to know who we really are.**

**If you don't know your own  
values or aren't living by  
them, whose life are you  
living?**




**Awareness & Gratitude**-knowledge and understanding that something is happening



A serene sunset scene over the ocean. The sky is filled with soft, warm colors of orange, pink, and purple, with the sun partially obscured by light clouds. The ocean surface is dark, reflecting the colors of the sky. In the foreground, several waves with white foam are breaking, creating a rhythmic pattern of white and blue. The overall atmosphere is calm and peaceful.

**Mindfulness-focusing one's awareness on  
the present moment.  
(Internal states and surroundings)**

A field of white cosmos flowers is shown against a warm, golden sunset sky. The flowers are in various stages of bloom, with some fully open and others as buds. The background is a soft, hazy orange and yellow, with wispy clouds. The overall mood is peaceful and contemplative.

**Radical Acceptance** –practicing a conscious effort to  
acknowledge and honor difficult situations and emotions.  
**Acceptance vs Approval**



**Tolerance-indulgence of beliefs or practice differing or conflicting with one's belief.**



**Curiosity-strong interest  
to know or learn**



**Diplomacy-the skill of  
handling affairs in a  
tactful manner**





# HEART-CENTERED LIVING BENEFITS



- Peace, Joy, Happiness, and Gratitude
- Improved Health
- Responding vs. Reacting
- Managing burnout and exhaustion
- Interpersonal Relationships
- Intimacy and Genuineness
- Forgiveness
- Patience
- Letting Go
- Purpose and Connection

Grateful



*When you learn to open your heart, your heart becomes like an inner compass, guiding you with its innate heart wisdom.....*

