



## *Authentic Leadership*

### *Recognizing Strengths, Discovering Greatness*

*Led by Vince Gowmon, CPCC, BBA  
Certified Professional Life Coach, Bachelor of Business Administration  
Remembering to Play Events  
[www.rememberingtoplay.com](http://www.rememberingtoplay.com)*

### Overview

*"The Authentic Leadership workshop was both fun and thought provoking. Vince created a safe and nurturing environment where our leaders learned to give effective feedback and focus on strengths in others and themselves. Vince is a skilled facilitator and participants overwhelmingly gave him high scores on the workshop evaluation - good job and thank you Vince. We had fun and learned at the same time!"  
~ Deborah Vaughan, Integration Manager Field Services, Ministry of Housing and Social Development*

When we are authentic, we are more compassionate to others' feelings, more curious about others' values and desires, more conscious of our impact on others, more in touch with our intuition, more able to see things from a variety of perspectives, and more accepting of differences. We feel more natural, at ease and joyful, and have a greater capacity to create change through inspiration and emotional intelligence!

When we are authentic in our leadership, we *automatically* give permission to others to be authentic as well. It is not so much about what we *do* as leaders, but rather who we are *being* that creates the biggest impact.

Through fun and interactive activities, *Authentic Leadership* expands your understanding of yourself as leader and individual. The primary focus is on who you are *being* as a leader and then how this can translate into effective, positive action.

### **During the workshop you will:**

- Discover your personal range of authentic expression as a leader
- Learn how to communicate in a way that creates safety and openness
- Practice a three step system of offering and receiving feedback
- Discover the value of receiving feedback on your leadership style from your peers
- Recognize strengths in one another versus weaknesses
- Learn how our judgments of others can be used as a clue to support authentic leadership
- Discover an archetype that will support you to become a more authentic leader
- Choose concrete action steps to express your new sense of authentic leadership
- Design a system of accountability to support the implementation of an action plan
- Discover the importance of levity in your leadership style
- Build great relationships with your peers and have fun!

### **Questions often explored include:**

- What does it mean to be authentic?
- What does it mean to be a leader?
- What is the impact I am currently having and want to have?
- What are my gifts, strengths and values and how can I express them more?
- Where can I focus more on what I do want, and less on what I don't want?
- What ideas do I have about the "right" and "wrong" ways of being a leader?
- What rules/internal belief systems do I have and how are they serving me and others?
- What is one thing I can contribute to the organization (versus waiting for the organization to change)?
- Where would action support being a more authentic leader?
- Where would inaction support being a more authentic leader?
- Where do I have a hard time saying No? Saying Yes?
- Where do I have a hard time asking for what I want? Asking for help?
- Where can I take a stand as a leader and express my truth?
- How can I best empower myself, and others, through communication and my overall way of being?

### **Ongoing benefits include:**

- Expanding your emotional range of expression
- Being more accepting of differences versus in judgment
- Creating more balance and freedom to choose
- Being able to see things from a variety of perspectives
- More compassionate and inclusive of others opinions
- Moving from reacting to responding
- Holding yourself more lightly (less seriously)
- Camaraderie and team spirit
- Stress release and well-being

### How it works:

- Works best as a full-day workshop, but can be customized for a shorter time period
- An open room (no tables) with only chairs is needed.
- Participants need to bring a pen and notepad
- Participants will be given an information package.

### Complimentary Spirit at Play Coaching:

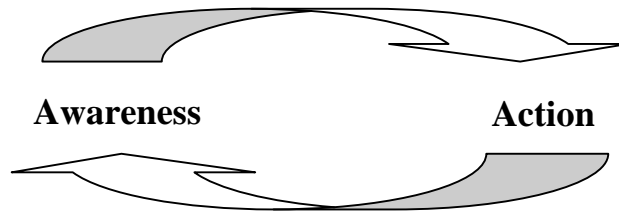
- For participants interested in private one-on-one support after the workshop, they will be offered a 30 minute complimentary [Spirit at Play Coaching](#) session on the phone.
- Coaching helps to integrate the learning from the workshop into the work environment, and to address all other personal and professional matters. Read the [ROI of Corporate Coaching](#).

*Continue the fourth page to see my Authentic Leadership model*

**Getting Started:** Email [info@rememberingtoplay.com](mailto:info@rememberingtoplay.com) for more information, or call **604-566-0868**

*Vince Gowmon is the founder of Remembering to Play Events, and is a Certified Professional Life Coach trained through one of the top accredited coaching programs, [The Coaches Training Institute](#) and their one-year Leadership Program. He is also a graduate of Simon Fraser University where he earned a Bachelor of Business Administration focusing on Human Resources, Marketing and International Business. Vince coaches individuals, and leads public and corporate workshops, on all aspects of well-being. He volunteers his time at kids camps and leading workshops for various non-profit organizations. For complete information on Vince and his services, please visit [www.rememberingtoplay.com](http://www.rememberingtoplay.com).*

# *Authentic Leadership*



<b>THE PATH OF AWARENESS - <i>BEING</i></b>	
<b>Awareness of Yourself</b>	<i>Your emotions and energy – your state of being Your fears and limiting beliefs Your needs, values and desires</i>
<b>Awareness of Others</b>	<i>Your emotional and energetic impact on others Their state of being - fears and limiting beliefs And their needs, values and desires</i>
<b>Awareness of the Greater Whole</b> <i>(room, team, department, organization)</i>	<i>Your emotional and energetic impact on the whole The energy, feelings, needs, and desires within the whole Connecting to your intuition</i>

<b>THE PATH OF ACTION - <i>DOING</i></b>	
<b>Acting on behalf of Yourself</b>	<i>Self-care choices to increase positive emotion and energy within Self-managing and overcoming fears and limiting beliefs Aligning action with personal needs, values and desires</i>
<b>Acting on behalf of Others</b>	<i>Caring choices for positive emotional/energetic impact on others Supporting others to overcome fears and limitations Supporting others to align with their needs, values and desires</i>
<b>Acting on behalf of the Greater Whole</b> <i>(room, team, department, organization)</i>	<i>Caring choices for positive impact on the whole Responding/Adjusting to what is needed in the whole Acting on your intuition</i>