



CONNECTING WITH INTUITION

With special guest, Rick Snyder
Founder & CEO of Invisible Edge

► Show Up Grounded

Grounding is an embodied practice that helps you bring your full human potential to bear. It is a practice that is simultaneously physical, emotional, intellectual and spiritual. Grounding is how we navigate the path.



Be Still

Notice & Observe
What Is



Orient

Connect with Your
Guiding Principles



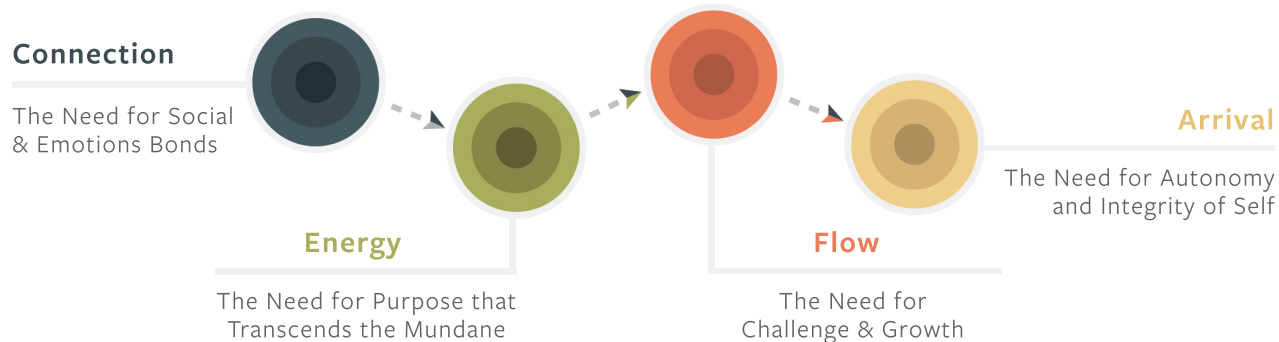
Move

Take a Skillful Step
Forward

► Follow the Path

The Mindful Leadership Map lays out four waypoints towards peak human performance. A Mindful Leader harnesses the waypoints for their own well-being while nurturing them in others.

Each waypoint is a fundamental human need that, when met, fosters intrinsic motivation, creates potent teams, and cultivates lasting happiness.





CONNECTION

CORE PRACTICES: Openness + Compassion + Service

AN ASSORTMENT OF GROUNDING PRACTICES: be still, orient, move

BREATHING EXERCISES AND BREATHE AWARENESS

NOTICING, NAMING AND NAVIGATING EMOTIONS

ADAPING TO CHANGE

COMPASSION AND EMPATHY

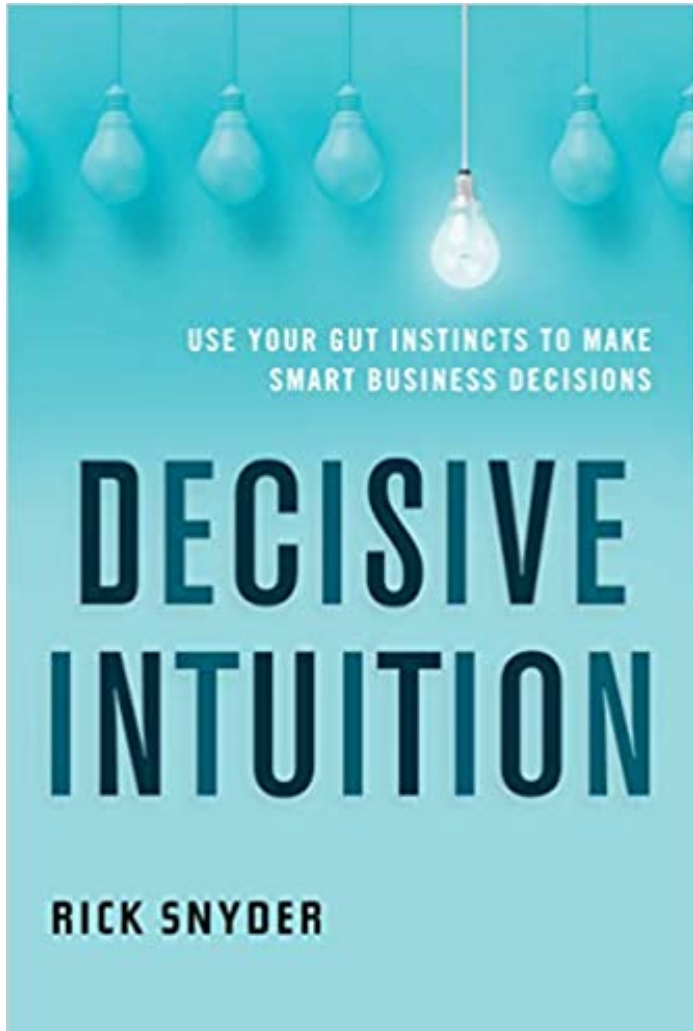
HOLISTIC SELF CARE INCLUDING SELF COMPASSION

KINDNESS TO OURSELF AND OTHERS



The first step is to connect. When you connect, you must connect with yourself...then others. Be open to what arises. Notice your emotional, physical, intellectual and spiritual state—and the state of others. With compassion, offering ourselves to service. Connection must be first.

- CHARLIE WHITE



Invisible Edge™

RICK SNYDER
FOUNDER & CEO

