

Practicing Healthy Leadership

The Practices...

1. **Deep Understanding** embraces a conscious movement toward a deeper awareness of the possibilities held by another and oneself. As a practice, it empowers creativity, curiosity, and wonder.
2. **Critical Reflection** gives rise to a more mature way of being in the world. It is a very personal practice aimed at revealing a deeper self-awareness.
3. **Maturity** arises as we continuously apply our foundational practices of **Deep Understanding** and **Critical Reflection**, and prepares us to build the capacity of the community of practice through **Empowerment**. **Maturity**, therefore, generates **Awareness, Insight, and Discernment (AID)**.
4. **Empowerment** is fundamentally a relationship-building skill centered upon self-exploration and emotional intelligence. This practice focuses on building effective *potentiating relationships*.
5. **Generativity** leads to healthy sustainable leading, learning, and living. Healthy leadership is achieved through dedicated practice that are both restorative and generative.

Leaders

Sustainable Practice
(Heat)

Leading

Capacity Building
(Fuel)

Leadership

Potentiating Relationships
(Oxygen)

Generativity
(Fire)



Judge a man by his questions rather than by his answers.
—Voltaire

The Questions...

1. **Am I ready to learn?**
When we respond affirmatively to this question, we open ourselves to understanding another's actions and reactions to any given event, problem, or opportunity.
2. **Am I ready to become critically and creatively self-aware?**
When responding affirmatively to this question, we become more deeply aware of our purpose and place, as well as the impact of our interactions on others and our environment.
3. **Am I ready to lead?**
This question calls for a mature response as we put our learning, our curiosity, creatively to work in the world. Here we are seeking the emotional agility necessary to healthily lead a community of practice.
4. **Am I ready to embrace a potentiating consciousness?**
Potentiating, for clarification, is any action taken by individuals in leader roles that affectively causes something, or the relationship itself, to become **potent**—or, if you will, creative, strong, capable, powerful, effective, empowered...healthy.
5. **Am I ready to explore the farther reaches of healthy leadership?**
Answering affirmatively, we connect the potentiating circle. Just as graffiti begets graffiti, potential begets potential. To engage the world of ideas and meet it pragmatically with strength, hope, and wonder is the core purpose of potentiating.

© The Potentiating Arts™ 2015, All Rights Reserved

Mark L. McCaslin

potentiatingarts@gmail.com