

THE HARMONIOUS WOMAN LEADER

Discovering the impact of a harmonious lifestyle and the contributing factors to being an empowered woman leader.



WHOLLY LIVING RESEARCH INSTITUTE



BY WHOLLY LIVING & CO.

**“Harmony makes small things grow,
lack of it makes great things decay.”**

SALLUST



OUR FRAMEWORK

We propose that HARMONIOUS women in leadership have an innate desire—that may not yet be in their awareness—to create outcomes where their teammates are continually evolving and empowered.

We believe harmonious leadership is the result of identifying specific traits and processes, and that building capacity in these elements are the fundamental foundations to success in an exceptional way.

This class of success moves beyond the level based on the conventional outward measures dictated by societal conditioning, and happens at the level of the soul cultivated by self-discipline plus surrender which **equates FLOW.**



We assert that harmonious leadership can be captured in seven distinct interdependent dimensions, which we define as

**THE 7 PILLARS OF
HARMONIOUS LIVING**



THE 7 PILLARS OF HARMONIOUS LIVING

1. GOD & SOUL

Evolution & Source

2. SPIRITUALITY & METAPHYSICS

Evaluation, Exploration & Healing Tools

3. HEALTH & WELLNESS

Mind, Emotion, Exercise & Nutrition

4. RELATIONSHIPS

Community, Family, Friends & Self

5. BUSINESS

Career, Legacy & Wealth

6. INTELLECTUALISM

Lessons & Thought Processes

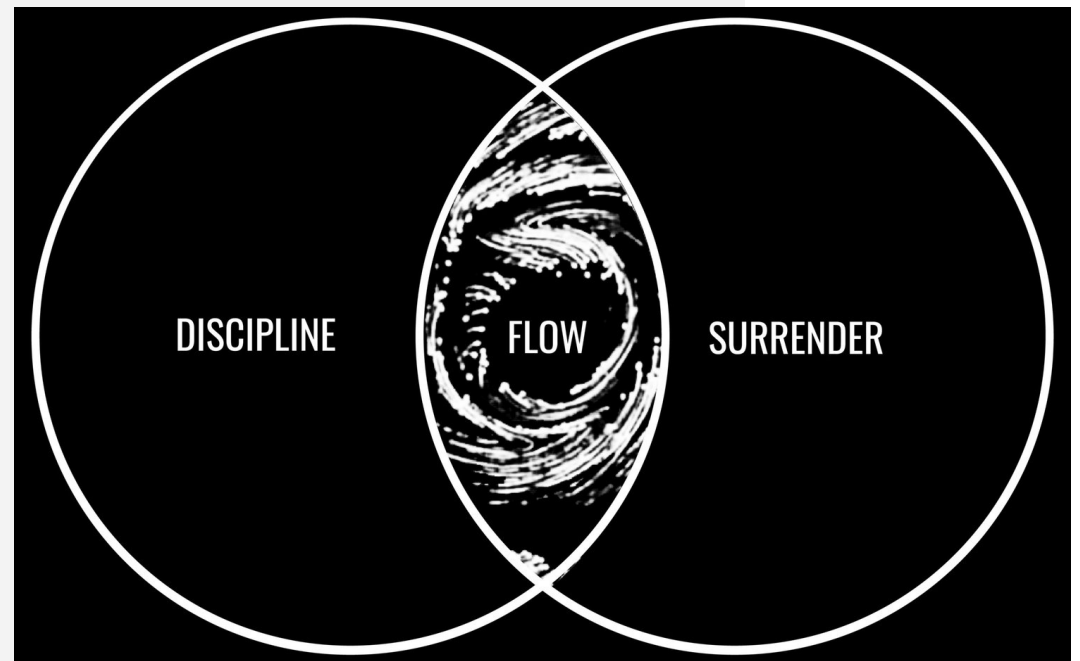
7. CREATIVITY & PLAY

Passion & Purpose

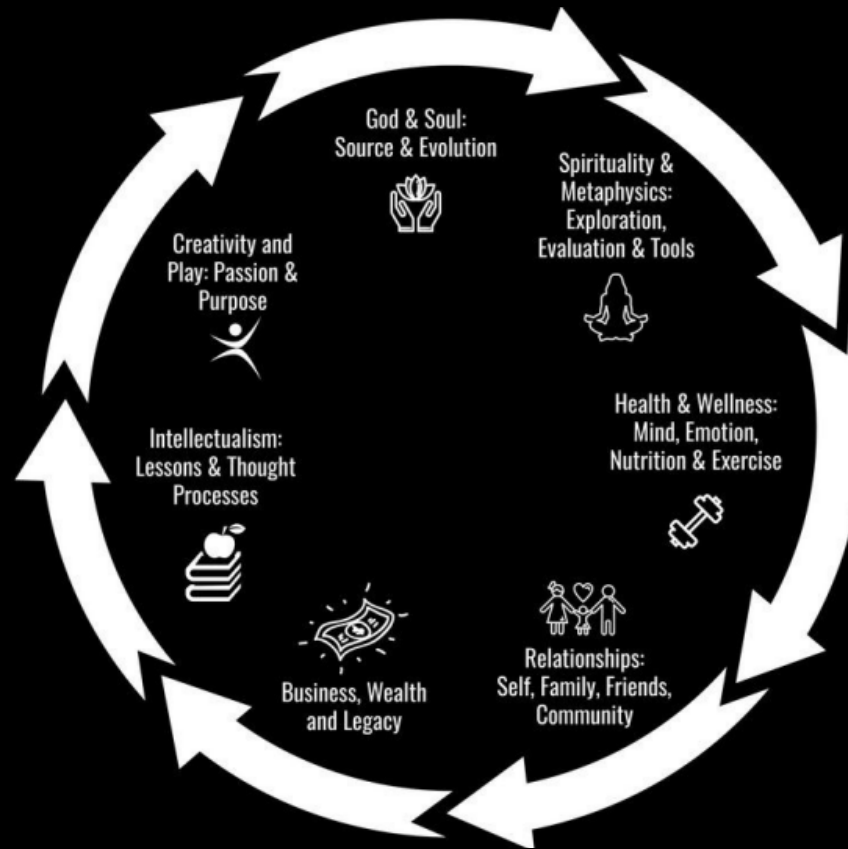


**The 7 PILLARS of
HARMONIOUS LIVING,**
which we believe are the
essential elements that
propel a leader **from**
AFFECTED to EFFECTIVE.

These 7 PILLARS are
interdependent and work
together to create a **state
of FLOW** that empowers
women leaders to be the
best version of themselves.



THE WHEEL OF HARMONY



PILLAR 1 GOD & SOUL:

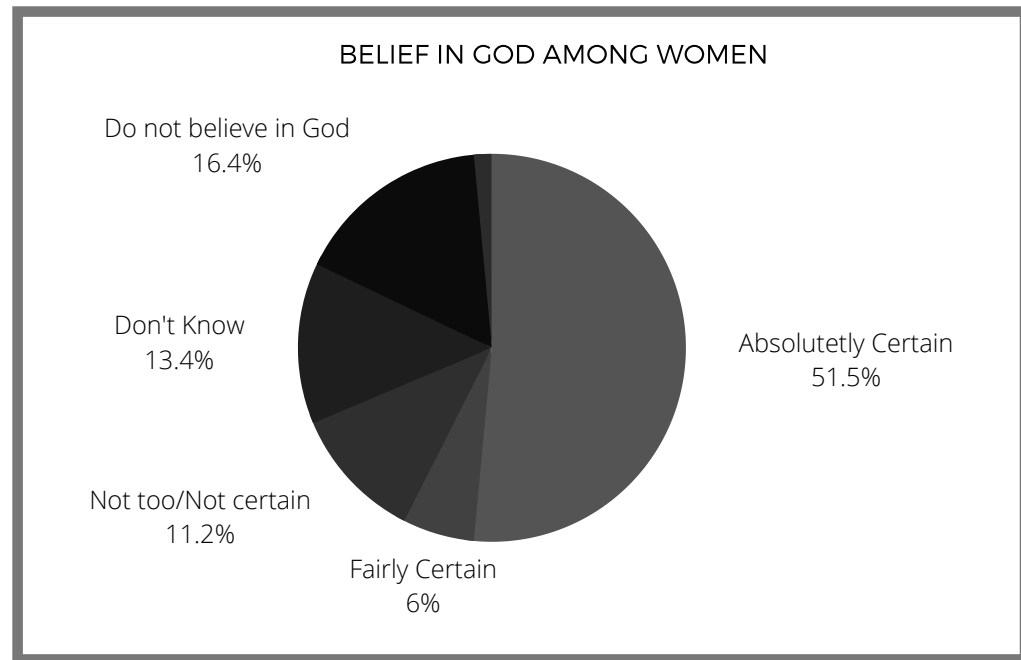
SOURCE & EVOLUTION

The harmonious woman leader uses prayer as a conversation tool to connect with her **life source**. This woman's beliefs and behavior are **interwoven and inseparable**. She identifies her belief in God as part of her worldview and by placing her faith in God, she is centered with clarity and life purpose.

The Pew Research Center conducted a study asking women if they believed in God, and if yes, how certain they were about this belief. A total of **87%** reported a degree of certainty above being not at all certain. Specifically, 69% reported being

absolutely certain and 18% reported being fairly certain (see figure below). Furthermore, this study showed that on average, women 30+ years of age tend to be more certain in their beliefs in God than women younger than 30+. In fact, 83% of women were certain in their belief in God compared to 17% of women younger than 30 years of age.

As women mature in age they grow more resilient, fortified, and convinced in the connection between **God and their soul**. The harmonious woman leader is firmly anchored and knows that she can withstand any adversity in the future. She knows her strength is drawn from the most powerful source.



Pew Research Center, 2014



GOD & SOUL

SOURCE &
EVOLUTION



TORI KELLY

Singer-Songwriter

"My faith is a huge part of my life."



OPRAH

Author, Philanthropist, Producer

"In God, I move and breathe and have my being."



BEYONCÉ

Singer-Mogul

"Whenever I'm confused about something, I ask God to reveal the answers to my questions, and he does."



“We are not human beings having a spiritual experience. We are spiritual beings having a human experience.”

PIERRE TEILHARD DE CHARDIN



For generations, women leaders have valued a connection to the supernatural. Evidenced in cultural rituals maintained throughout generations, we know powerful herbal drinks such as Ayahuasca have been in practice for over 1000 years.

Today, women continue to explore the metaphysical in similar ways in what is now being referred to as a “psychedelic renaissance.”

In a six-part series focused on wellness, The goop Lab featured the intersection between psychedelics and psychotherapy. Highlighting some of the ways mushrooms are used to assist in healing and coping with challenges such as anxiety, depression, and addiction.

What We Know about Psychedelics and Healing, So Far, 2020

PILLAR 2: SPIRITUALITY & METAPHYSICS

EVALUATION,
EXPLORATION & HEALING
TOOLS



SERVANT LEADER

We found that women that were open to spirituality and metaphysics operated from what Robin Sharma calls "a leader with no title."

Also, know as servant leadership, which can be identified by the following critical characteristics:



- Listen to others and discern the will of a group
- Have empathy with one's fellow-workers
- Help make both others and oneself whole
- Rely on persuasion rather than coercion and positional authority
- Think and act beyond day-to-day realities, to hold onto trust and be a good steward of an institution
- Build community among one's colleagues and fellow workers.



“Most people don’t realize that leadership is fundamentally about service, about a dying to self and loving others into their true potential. It isn’t about us personally.

It isn’t about what we can get, or consume. It isn’t about elevating ourselves above others. It isn’t about ego. Leadership is about lowering ourselves such that the people who work with us, and our organizations can thrive in ways that create value (economic and social).”

BINTA NIAMBI BROWN
LAWYER AND MOSSAVAR-RAHMANI SENIOR
FELLOW AT THE HARVARD KENNEDY SCHOOL



PILLAR 3 HEALTH & WELLNESS:

MIND, EMOTION,
NUTRITION & EXERCISE



The harmonious women leader prioritizes carving out time for health and wellness as well as disciplined nutrition.

As a result, these leaders had a greater sense of energetic capacity, which impacted their overall well-being and gave them more effective efficiency in business and life.

5 TOOLS OF MINDFUL & EMOTIONAL PRACTICES

1. HYPNOSIS
2. EMOTIONAL FREEDOM TAPPING (EFT)
3. NEURO-LINGUISTIC PROGRAMMING (NLP)
4. MEDITATION
5. NUTRITION & EXERCISE



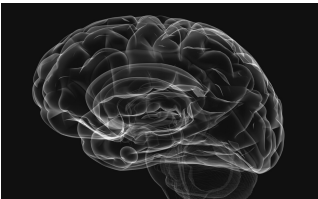
1.HYPNOSIS

Trance-like mental state in which people experience increased attention, concentration, and suggestibility.



2.EMOTIONAL FREEDOM TAPPING (EFT)

Alternative treatment for physical pain and emotional distress. It is also referred to as psychological acupuncture.



3.NEURO-LINGUISTIC PROGRAMMING (NLP)

Behavioral strategy that teaches you to learn the language of your own mind in the unconscious.



4.MEDITATION

Focused time to train attention and awareness, to achieve a mentally clear and emotionally calm and stable state.



5.NUTRITION & EXERCISE

The connection between health and wellness. Food provides energy for physical activity.

5 TOOLS OF MINDFUL & EMOTIONAL PRACTICE



"I travel over 20 weeks out of the year, but no matter where I am, the beginning and end of each day are non-negotiable. My first cup of tea is a morning ritual and gives me great pleasure. I sit with it and outline my day on a notepad. The act of sitting and making a plan structures the rest of my day. At the end of each day I take a hot bath (having a bathtub in my hotel rooms takes precedence over all else!) and dance or move my body last thing before I go to bed."

MICHAELA BOEHM
INTIMACY & SPIRITUALITY EXPERT



PILLAR 4

RELATIONSHIPS:

COMMUNITY, FAMILY,
FRIENDS & SELF

We believe that women who take time for themselves have the ability to give of themselves more to their friends and family and community. These often counter cultural choices remind leaders of what they value. Relationships fuel harmonious leaders in ways that activities in isolation fall short.

Choosing to be present with their families, engaging with friends, and creating space to learn from and impact their communities is a necessity.



“[Women] speak up, unite and take action on issues that hit closest to home by giving, volunteering and using their voice to make change. United Ways’ women leaders are the drivers behind positive change in their communities. In some cities, they’re achieving what many would have thought was impossible.”

STACEY D. STEWART, U.S. PRESIDENT OF UNITED WAY WORLDWIDE



PILLAR 5 BUSINESS:

CAREER, WEALTH & LEGACY

Likewise, harmonious women leaders value raising up the next generation of entrepreneurial leaders. **Success is incomplete without strategically empowering other women that also aspire to leadership.**

Instead, **these women leaders intentionally build a legacy that will be comprehensive and sustainable.** These women are organized and responsible for prioritizing putting in place succession and estate planning for their business and personal lives. This approach to business, wealth, and legacy, occurs when leaders are secure in their identity and are authentically themselves.



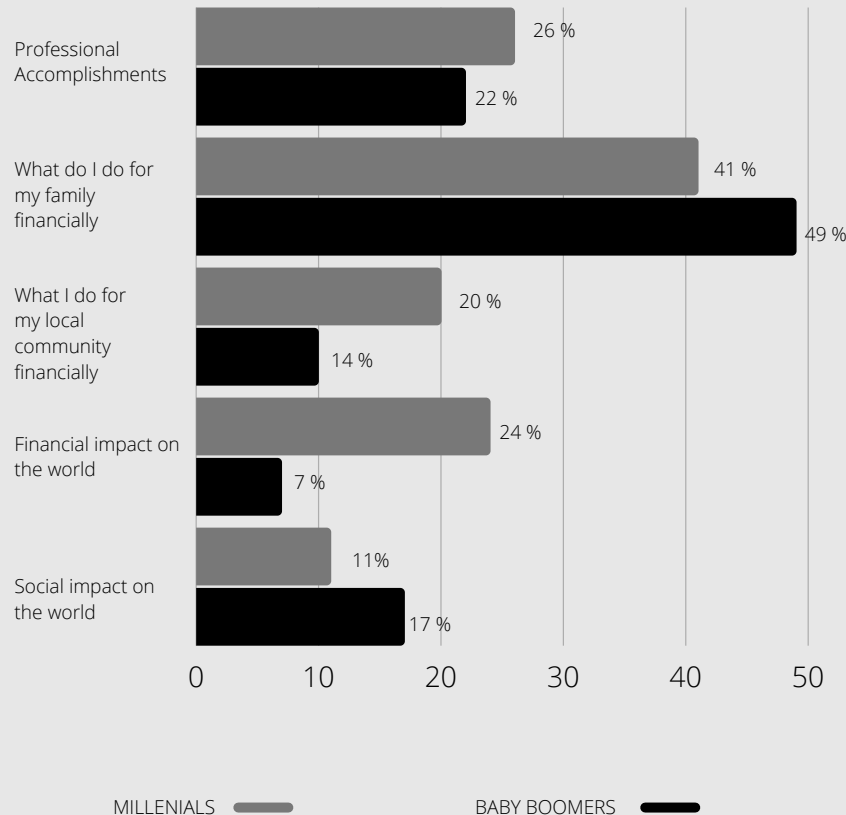
LEGACY

As more younger women earn more wealth, they are more often asserting themselves as decision makers over the full range of finance-related issues.

Globally, women held 30% of all wealth controlled by individuals or families in 2015, up from 28% in 2010; 44% had grown their wealth independently as entrepreneurs.

When asked to define legacy, wealthy millennial women are chartering new territory. Millennial women prioritized their financial impact while Baby Boomer women leaders chose relationships with family.

DEFINING A LEGACY
RBC WEALTH MANAGEMENT, 2016



BY 2020, WOMEN ARE EXPECTED TO CONTROL US\$72 TRILLION, 32% OF ALL WEALTH AND UP FROM US\$51 TRILLION IN 2015



PILLAR 6: INTELLECTUALISM

LESSONS & THOUGHT PROCESSES



**By nature,
harmonious
women leaders
are very curious,
avid readers and
disciplined with
consistent
habits.**

The harmonious woman leader brings a variety of academic training and professional experiences. Some leaders may have chosen to forego a formal education. However, one common thread unites every leader. **It is clear that they never stop learning. And reading is a key part of their success.**

Research shows successful people are highly selective regarding their reading material and are **inclined to be educated over being entertained (Merle, 2016)**. This belief is evidenced in their pursuit of books as a valued gateway to learning and knowledge.





PILLAR 7

CREATIVITY & PLAY

PASSION & PURPOSE

Harmonious women are all encompassing women. Who allow themselves to learn from different art forms and cultures through activities such as music, literature, cooking, travel, books, museums, theatre, film etc.



DOWNTIME ISN'T GOING TO HAPPEN IF YOU DON'T CARVE OUT THE TIME AS SACRED. . .

GLYNNIS MACNICOL, CO-FOUNDER OF THE THELI.ST

Harmonious women leaders value the dynamic interplay of fun, creativity, and innovation. **With constant pressures to perform and outperform past achievements, the freedom to invent and cast vision is necessary.**

A key to their success is giving themselves permission to be free and begin anew.



To help them stay in the moment instead of thinking about work or the many other tasks they “should” be doing, **successful women work hard to stay in the moment.**

Harmonious women leaders stay present and engage, delving deeply into the rhythm of the present, guilt-free.



"...I continue training in the martial art that I love. While I have cut down my practice from every day to once or twice a week after having kids, it's still very important for me that I keep up with it."

JOSEPHINE FAN
PRESIDENT, J. FAN HOLDINGS



WHOLLY LIVING & CO.

RESEARCHED & AUTHORED BY

RESEARCH DIRECTOR



JANÉT AIZENSTROS,
M.S.C.D EMBA

ADVISOR



HILLARY GOLDTHWAIT-FOWLES,
PH.D, ATP

ADVISOR



SHARELLE GUYTON,
M.A.

ADVISOR



CHARLOTTE MARSHALL POWELL,
PH.D.

Founded by
WHOLLY LIVING RESEARCH INSTITUTE

Partner with
REVEAL RESEARCH



**EMPOWERING WOMAN LEADERS
TO LIVE HARMONIOUSLY**

