

Heart
@
WORK

The Art of Inspirational Leadership

Dr. Jennifer Whitaker

Introduction

Leading the Leader

Nations, like stars, are entitled to eclipse. All is well, provided the light returns and the eclipse does not become endless night. Dawn and resurrection are synonymous. The reappearance of the light is the same as the survival of the soul.

-Victor Hugo

Heart@Work represents a leadership model based on two premises: 1) Being a leader in your own life precedes and shapes being a better leader at work, and 2) Inspired leadership must replace traditional leadership to effectively meet the dramatic complexities happening in society and the business world. To ensure what Nobel laureate Dr. Jonas Salk called, “the survival of the wisest, we must bring the heart and its values to work.”

As an executive coach, I have studied CEOs for over fifteen years. I have interviewed over 100 top-tier executives who decisively demonstrate that personal leadership in one’s life precedes professional leadership in business. In every case, self-mastery precedes and is inseparable from leadership mastery.

Heart@Work promotes a leadership focus of enhancing awareness and fully utilizing practical inspiration of self and others. These practices contribute enormously to an authentic presence that comes from within and results in brilliant leadership. At the same time, a practice of awareness gently dissolves outmoded styles of leadership that are no longer effective in this era of light speed change, increasing diversity and constant internet exposure. Further, using a combination of awareness, inspiration and presence in business will energize leadership to brilliantly manage the sea change simultaneously rippling through technology, the marketplace and the workforce. It is time to create meaningful solutions from our deeply held spiritual values, to bridge unhealthy, collapsing structures in business and society with healthy new models and methods that serve the whole for the long-term.

This model proposes that business leaders perform socially as leaders in this transformational time in history when long-term sustainability weighs more heavily than short-term gain. The last ten years of social and economic collapse signal that a significant societal shift has already happened.

My mission as an executive coach continues to morph with changing times as the Information Age evolves into the Inspiration Age. In the past, I assisted

leaders and executives with traditional solutions for being more effective and building a better business. Today's CEO finds him or herself on a new playing field that doesn't look at all familiar. Business leaders are asking a new set of questions related to having more meaning, joy and purpose in their life. It's as though a new attitude has seeped into the boardroom, and executives are responding from an inner mandate to evolve not only as individuals and leaders, but to also create businesses that are profitable and service-driven. The shift I am seeing in CEOs has led me to do an in-depth study of executives. The results of which were used to create this book. The most exciting leaders I interviewed are not only experts in business management and team selection, but they also have an extraordinary sense of Awareness, Inspiration and Presence based on who they are, how they grew up and specific practices and soul qualities they have mastered. The key differentiator of highly evolved leaders is, ultimately, having an open, trusting heart. They take their hearts to work; in doing so, they live the legacy they want to leave on a daily basis. They know and practice Awareness, Inspiration and Presence as they relate to the expression of even more brilliant leadership required for the coming Inspiration Age.

As the Information Age morphs into the Inspiration Age and beyond, we live in a paradoxical time of having to trust that something life affirming will emerge

from the massive societal, governmental and corporate chaos surrounding us. The attributes of trust and surrender are antithetical to, yet integral with, what is happening in our business world, where time-honored structures are collapsing and once-respected institutions yield catastrophe. Massive societal breakdown requires transformational trailblazers to cut a new path. In the hands of inspired leaders, this chaos can and will make new opportunities. But first, we have to become inspired and share generously with others. Often in life and relationships, a breakdown occurs before a major breakthrough. I believe this is happening today in society and business, at all levels—locally and globally, individually and collectively.

This book is about connecting to those qualities and inner resources that propel you to be the best version of yourself and a triumphant inspiration to others. Interviewing numerous executive leaders, I was thrilled to discover their relationships to inspiration; that inexhaustible creative power that transforms their lives and allows them to be catalysts of transformation in the lives of those they know, love and serve. What are their secrets? What do they know that others don't know? Can they reveal an Inspiration Code that everyone can access? Their answers will help you discover how to increase your Inspiration Quotient and understand what this intangible quality actually looks and sounds like in the executive leadership world. Learn and practice the

featured self-mastery tools to emulate those behaviors that highly-evolved leaders have already mastered and that every leader will need to navigate the future and its vast complexities.

Passionate, bold and daring, the numerous CEOs I interviewed candidly answered an Inspired Leadership Questionnaire (included in the appendix) in a lengthy interview process. I have included this questionnaire and the answer key for how most of the leaders responded in case you are interested. Or you may want to answer the questions and compare your answers to the leaders who were interviewed.

As I listen to clients describe their stories and struggles, and how they optimized their businesses and relationships, I hear a recurring theme. Top-level CEOs and executives have it all and are “living the good life”—but something is missing. That something is the subject of this book, *Heart@Work*. The book is written in a way that can be read in sections that may appeal to you or it may be read from cover to cover. I simply encourage you to relax and enjoy, however you choose to read it.

About the Author



Dr. Jennifer Whitaker has served numerous corporations and organizations, coaching and consulting executives and CEOs to move to the next level of leadership and profitability. She integrates transformational and organizational principles to help businesses achieve outstanding results in growing revenues, cultivating leaders, and accelerating performance. Dr. Whitaker is author of *The CEO Evolution*, *Success with Soul*, and *The Brilliant Leader Model—for the Executive Evolution*.

As an executive coach and business strategist, Jennifer Whitaker is a seasoned expert who offers inspired leadership to her corporate clients. Her company, Executive Brilliance, based in Atlanta, teaches their clients how to inspire people and enhance performance. To put it simply, she helps already brilliant people and companies shine even brighter by discovering more of their natural inner resources and intelligence to achieve profound results.

With a powerful skill set to transform businesses and leaders, Dr. Whitaker offers real solutions for executive challenges and limited one-dimensional living. Coaching, mentoring, and speaking, she is always informative, inspiring others to be all that they can be and to boost their personal and business brilliance.