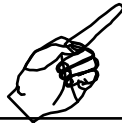


**Presentation by
Dr. Jagdish Parikh**

Leading Your Self

Achieving *Sustainable* Excellence



Bettering Your Best

Converting Knowledge into Performance

Making a life while making a living

Three Dimensions of LYS

WHY Leading Your Self?

WHAT is Leading Your Self?

HOW to Lead Your Self?

The WHY:

The Context

Global Profile

Organisation Profile

Individual Profile

Leadership Profile

Global Profile

Changing Reality : Paradigm shift

The world is not the same any more

The future is *not* what it used to be

**The business of business
is no longer *only* business:**

Dawn of the Smart Age

Organisation Profile

**The overwhelming challenges of
Change, Complexity, and Conflict
is generating
Excessive Stress**

in most Organisations and Executives

**The continuing clash of
issues, disciplines, Values, and ideologies
has led to rapid growth of
Leadership Models and Management Gurus
and
Conflicting Prescriptions!**

Individual Profile

The tyranny of the inner dialogue

‘If only.....’

‘What if.....’

Definition of “Hell”:

Seeing movies of

“what life could have been”

Life experience:

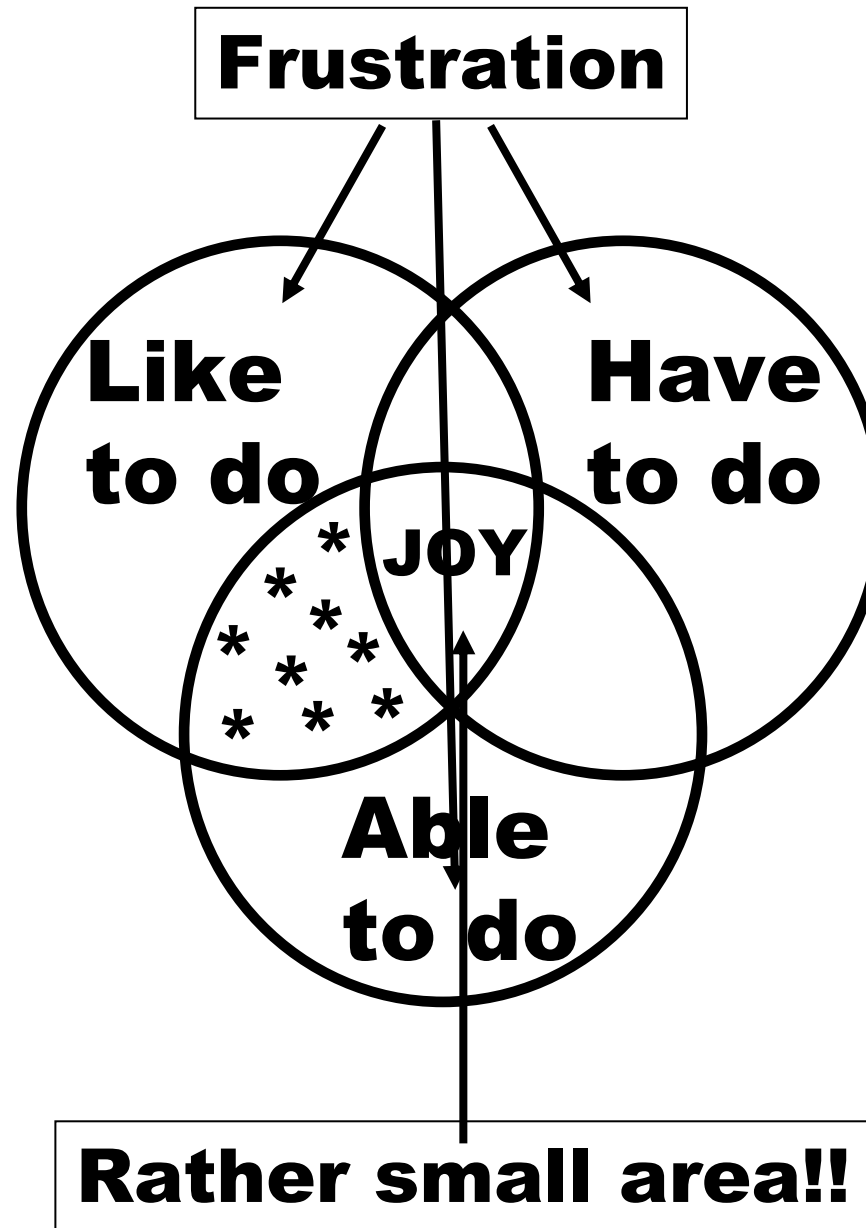
Mind 'chatter': Inner dialogue

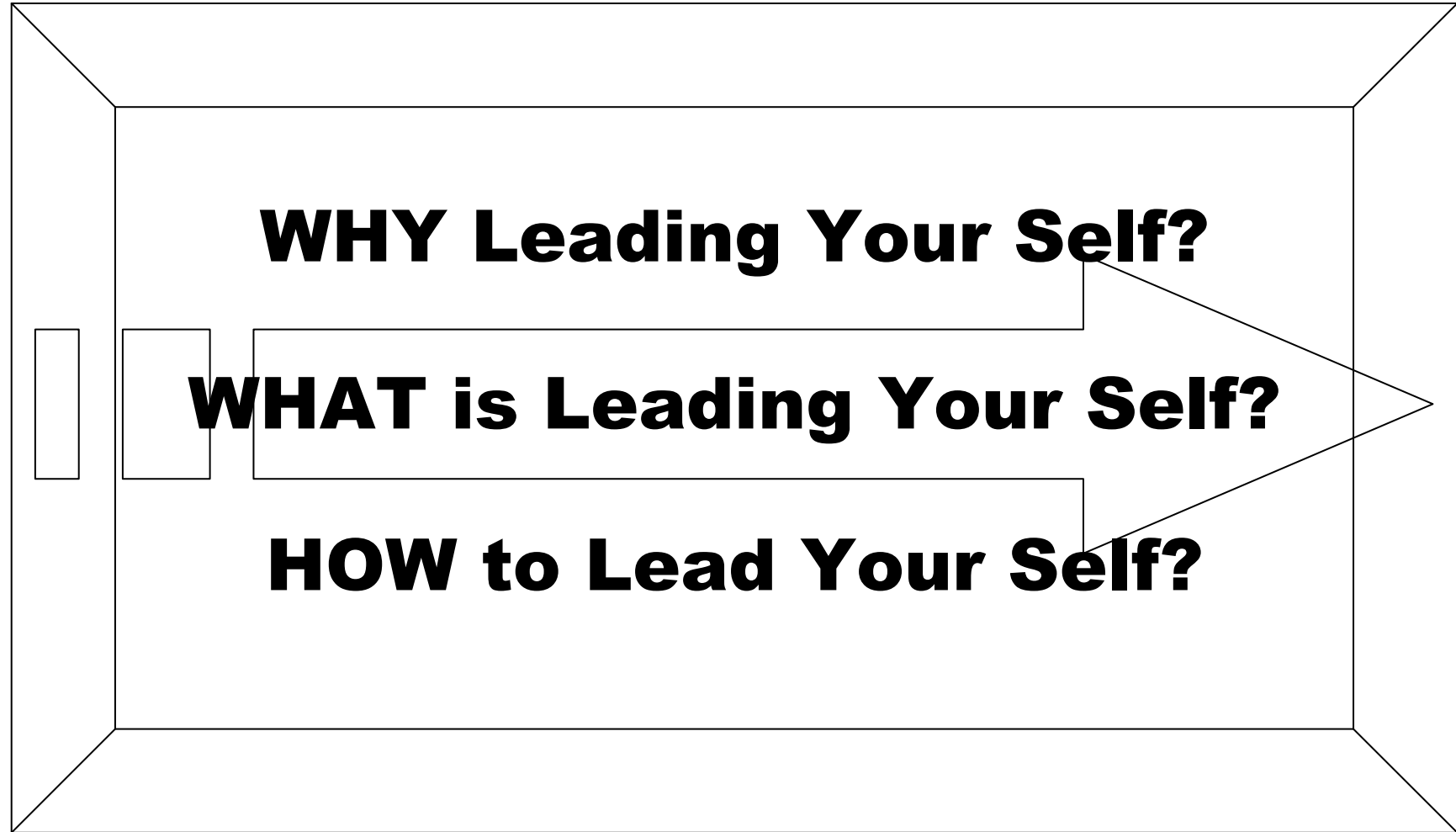
Belief System Subjective Realities

conflicts: inner and outer

Negative Stress

**Transforming personal subjective "Mental Models" :
--the 'architecture' of our thoughts, the 'auto-pilot'
to alter life experience**





Converting Knowledge into Performance

From Negative Stressors to Positive Energisers.

Negative Stressors?

Conflicts, Uncertainties, Imbalances, Insecurities:

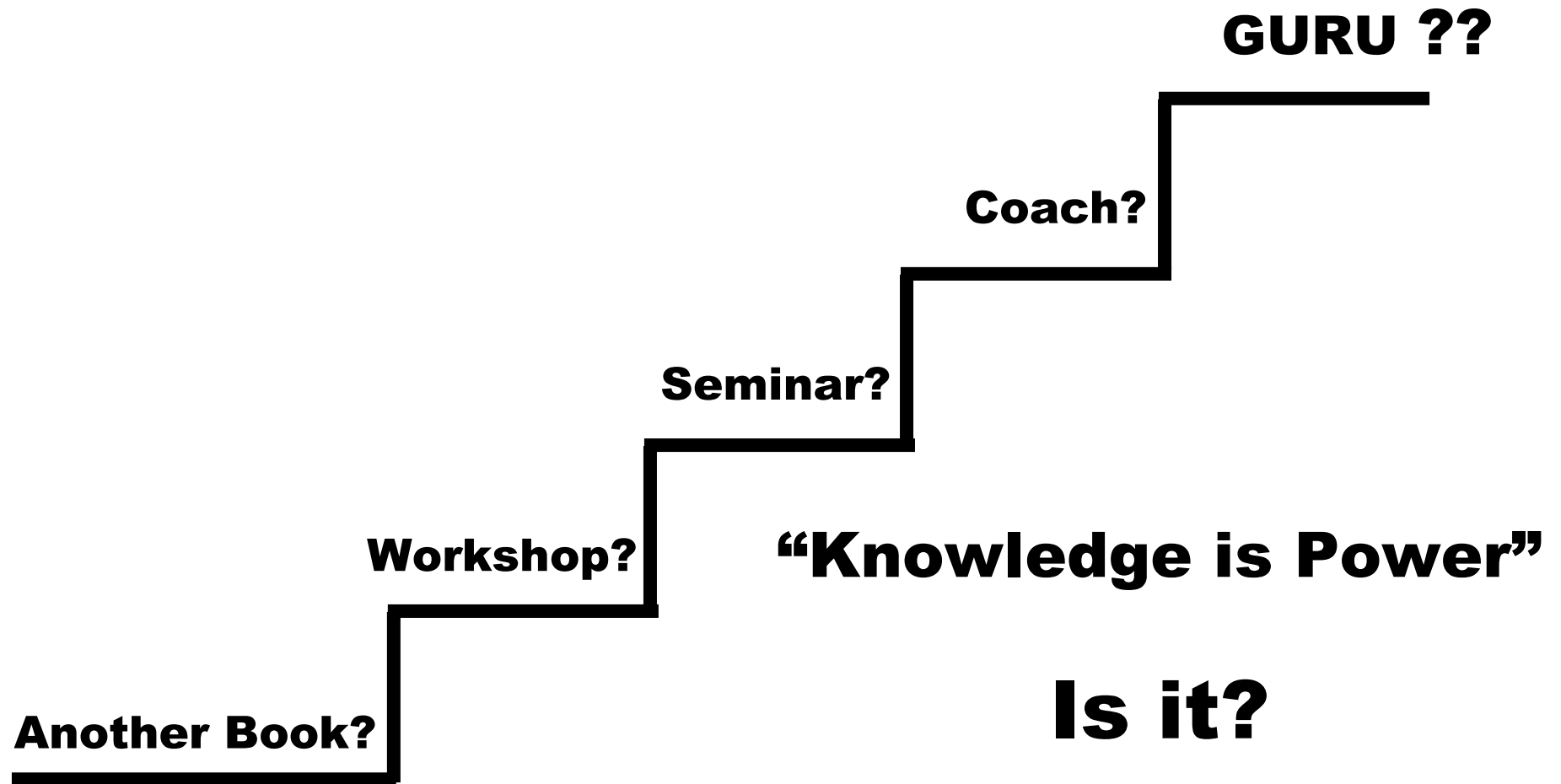
How to cope with these ongoing stressors?

Contemporary Prescriptions:

“Acquire more knowledge”

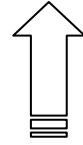


Add even more knowledge?:

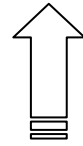


**What generally goes under the label of
“knowledge”
is mostly *information*
not
real *insight* or *wisdom*:
leading to
*Information Overload!***

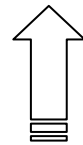
There is all round crisis at all levels!



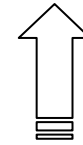
There is a crisis of leadership



There is a crisis of character



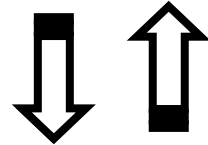
There is a crisis of courage



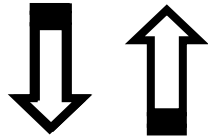
Basically,

There is a crisis of consciousness

Life experience:

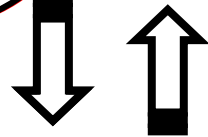


Mind 'chatter' : Inner dialogue

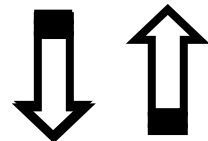


**Transformed
Mental Model**

Multiple Realities



Perceptions : Interpretations

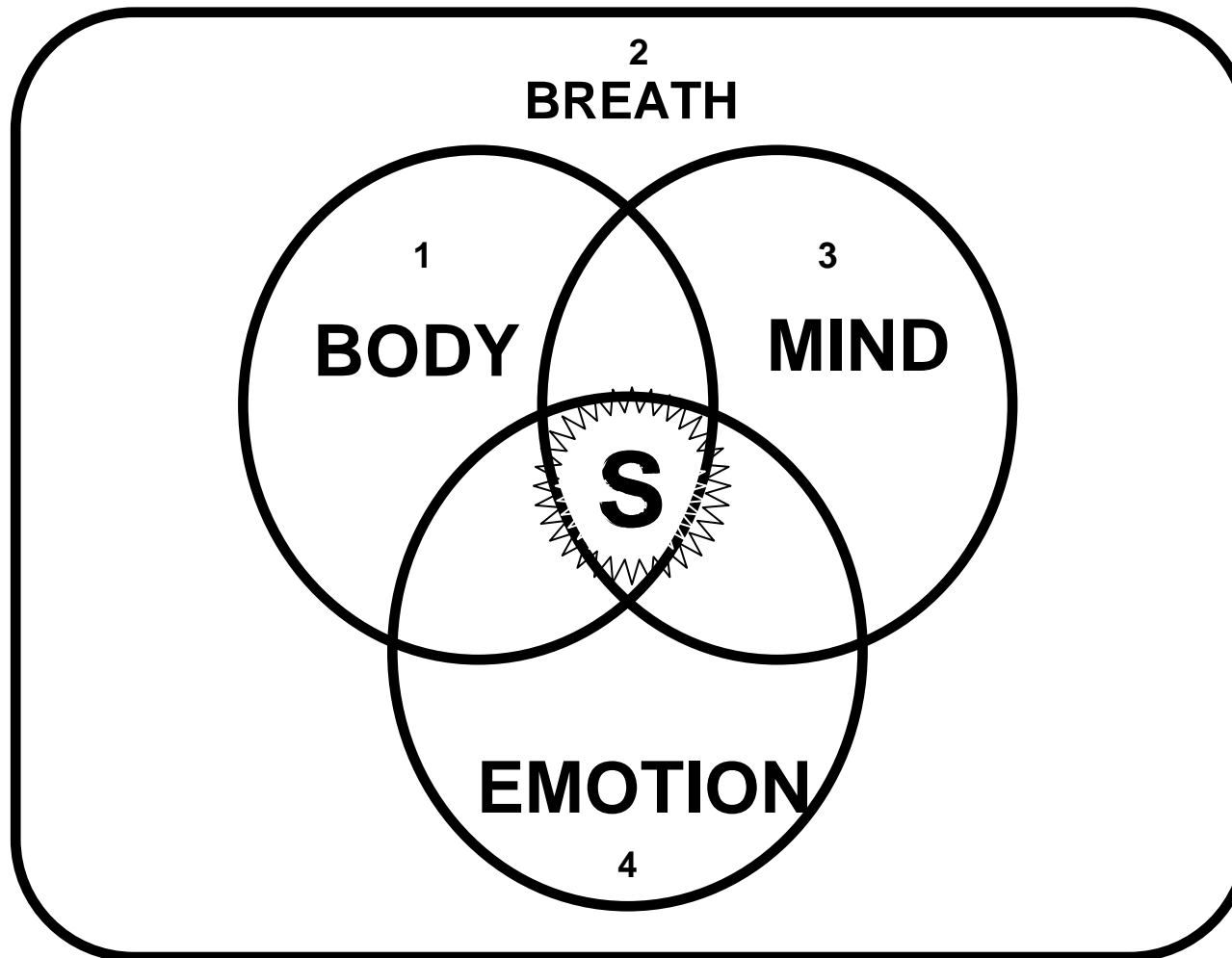


Consciousness

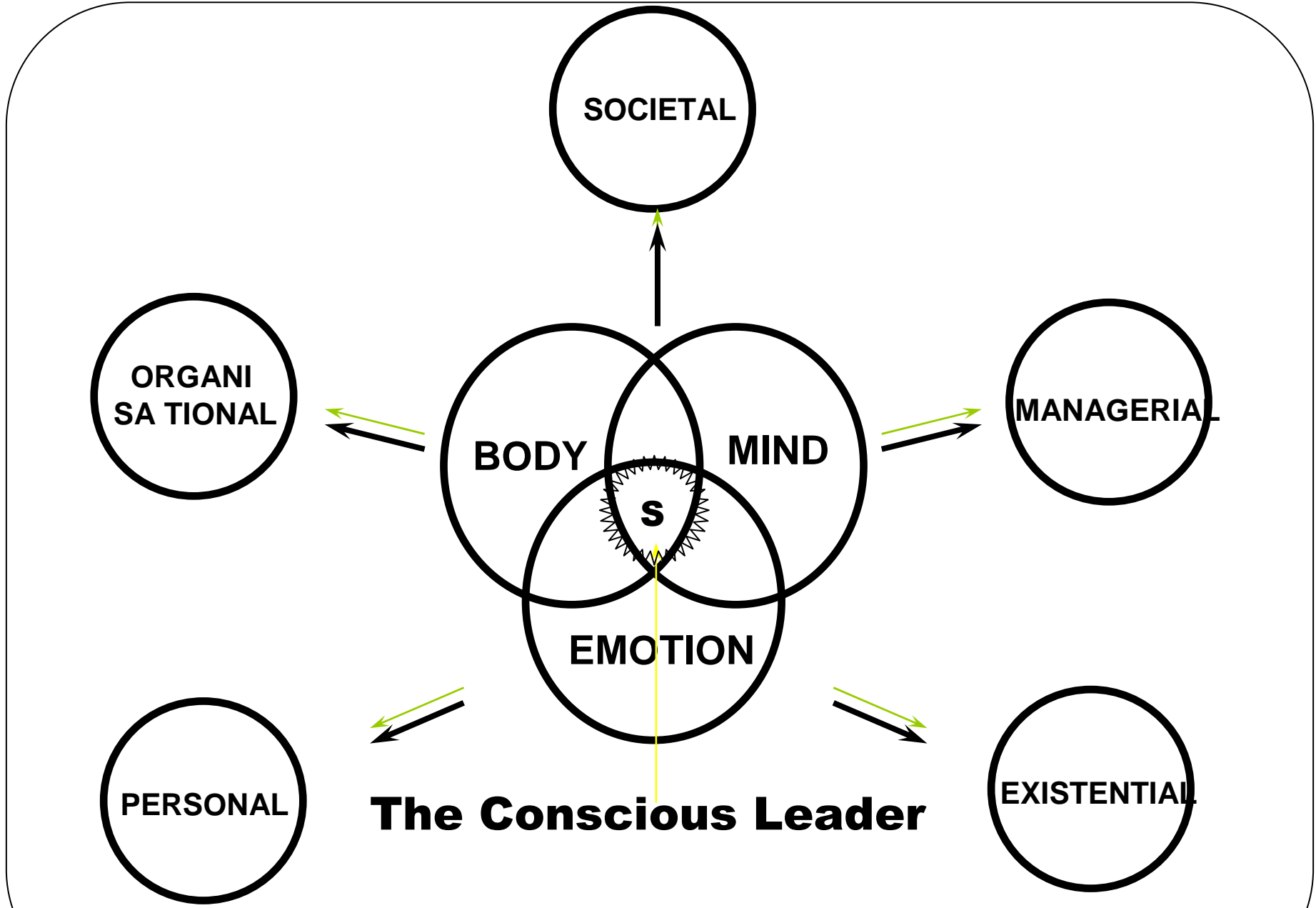
(Detached Involvement)



Performance Enhancing Process



Detached involvement : The Balancing Counter Force
Inner Dynamics : Reactivity to Proactivity to Creativity
Charismatic radiance : the essence of leadership



The Conscious Leader

Reshaping your Life and Work by RePositioning your Self

**“Enjoying your breath”
keeps you in the
Leadership space**

**Enables living and leading at the next level
with
‘Detached Involvement’**

**From external conflicts and reactivities
to
Inner Balance and Joyous Energy**

HOW?: Practical applications: 

**We cannot 'manage' or 'transform'
any thoughts or feelings
(i.e. our Life Experience)
unless we 'detach': 'get out of them'**

**To 'detach' from anything
we need to only 'observe' our breath,
and from such detached space
we can choose our responses**

We can observe ⇨ detach ⇨ transform



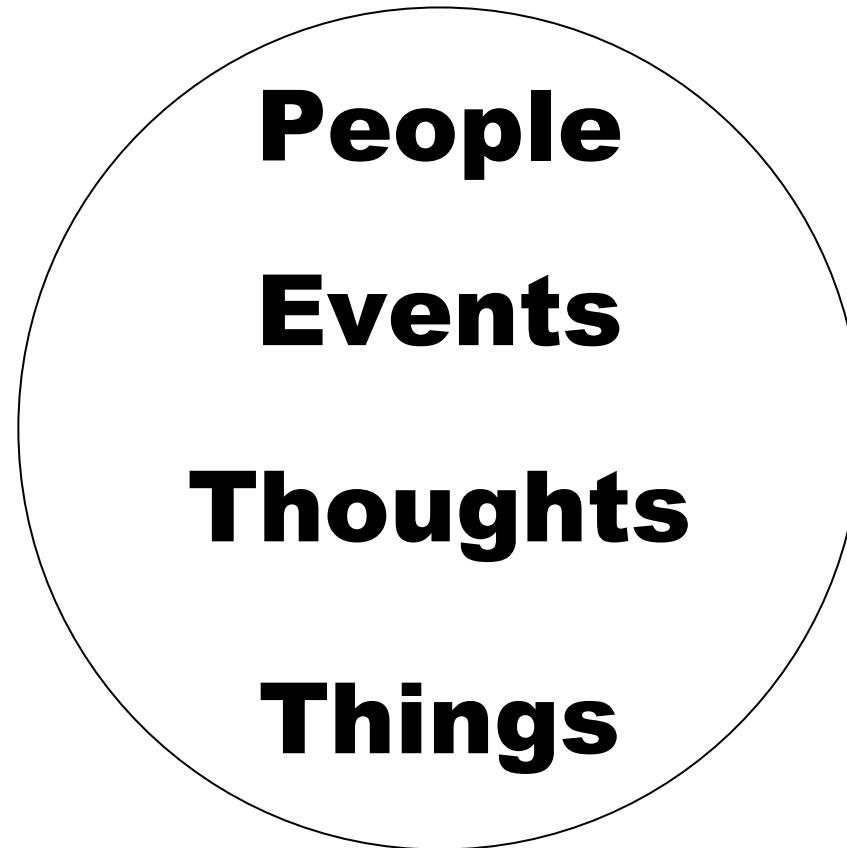
WHY Leading Your Self?

WHAT is Leading Your Self?

HOW to Lead Your Self?

External Dynamics

**Converting
Negative Stressors into Positive Energisers**



The arena of Life and Work

The Process for Making a Difference through enhancing

- Physical Energy : Body**
- Creative Energy : Mind**
- Vital Energy : Emotion**

Remember:

Life experience

does not depend upon *what happens to you*

but on

***what you do* to what happens to you**

and, this is

your choice !

Whole Life is a Seminar

Living is Learning

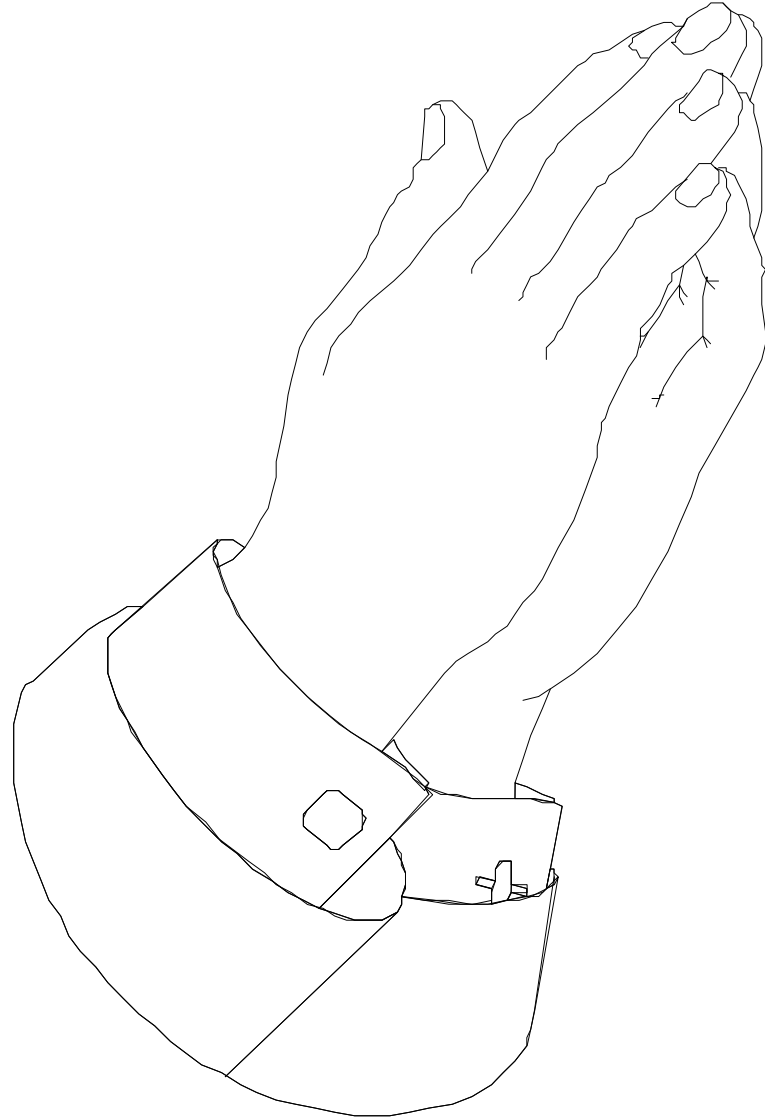
**Business
is a laboratory for Learning**

LEarning with a difference

The essence of Leading Your Self

Future is now





Think it over !

Jagdish Parikh

Dr. Jagdish Parikh

Dr. Parikh is the Chairman of A.L. Movers Pvt. Ltd. (Allied Lemuir), a Director of the Lemuir Group of Companies, DHL Lemuir Logistics, Technova Group of Companies, and Noema (India) Ltd.

Dr. Parikh has an MBA from Harvard and a PhD in Management. He is Co-founder of the World Business Academy (USA); Founder President of the Centre for Executive Renewal (Switzerland); Member of the Board of Governors (Asian Inst.of Mgmt (1973—2009); Managing Trustee of the Education Foundation of India.; Member Board of Advisors (CLIC) ISB (Hyderabad,India)



Dr. Parikh is also a Keynote Speaker in International Conferences.

He is/has been a Visiting Speaker at CEDEP (France), CEIBS (China), Manaaz (Denmark), ESMT (Germany), ESADE (Spain), Harvard Business School (USA), Hernstein (Austria), IFL (Sweden), IMD (Switzerland), INSEAD (France & Singapore), ISB (India), ISM (Lithuania), LIFIM (Finland), London Business School (UK), MCE (Belgium), Wharton (USA).

He is/has been also a Visiting Speaker at several multinational corporations which include Accenture, Ambrosetti, Aventis, AXA, Bayer, ExxonMobil, Gerling, Heidelberger, IBM, ING Bank, KPMG, L'Oreal, Lufthansa, Microsoft, Nokia, Novartis, Phillips, Schneider Electric, SEB, Swiss Life, Swiss Reinsurance, UBS, Weinerberger.

He is the author of "Managing Your Self: Management by Detached Involvement"; "Managing Relationships: Making a life while making a living"; Lead-author of "Intuition: The New Frontier of Management"; and co-author with Warren Bennis and Ronnie Lessem of "Beyond Leadership: Balancing Economics, Ethics and Ecology". He has also produced a multi-media interactive CD ROM on "Managing Your Self."

He has worked in several honorary capacities for the Government of India as Chairman of FFC, now National Film Development Corporation (co-producer of the multiple Oscar winning film GANDHI); Vice Chairman of the Indian Institute of Travel and Tourism and in other advisory roles.

