



10 HOLISTIC LEADERSHIP ESSENTIALS

Laura Newberry-Yokley

LEADING WITH INTENTION

Just as explorers pack their ten essentials before heading into the wilderness, holistic leaders need their own set of essentials to navigate the inner and outer landscapes of leadership. These 10 Holistic Leadership Essentials are the foundational “gear” for your leadership practice. They are tools you can use anytime, anywhere, to stay grounded, inspired, and balanced.



1 = PRESENCE

Essence:

The art of being here, now.

Practice:

Take three deep breaths before entering a meeting.

Why it matters:

Presence creates psychological safety, radical trust,
and open communication.



2-PURPOSE

Essence:

Knowing your “why.”

Practice:

Reflect each morning:

Why am I showing up today? Say: “I get to show up.”

Why it matters:

Purpose directs energy and fuels inspired action.



3-ADAPTABILITY

Essence:

Flowing with change rather than resisting it.

Practice:

When plans shift, pause and ask,
What's the opportunity here?

Why it matters:

Adaptability builds resilience and emotional intelligence.



4 - SELF-AWARENESS

Essence:

Understanding your thoughts, emotions, and patterns.

Practice:

End your day by noting one moment of alignment and one of learning.

Why it matters:

Awareness leads to growth and authentic leadership.



5-COMPASSION

Essence:

Extending kindness to yourself and others.

Practice:

Practice loving-kindness by silently repeating:
“May I (and others) be well.”

Why it matters:

Compassion builds trust, empathy, and belonging.



6-BALANCE

Essence:

Integrating the intuitive, mental, emotional, spiritual, and physical dimensions.

Practice:

Check in with your five leadership senses before making big decisions.

Why it matters:

Balance prevents burnout and sustains success.



7-AUTHENTICITY

Essence:

Leading from your true self, not your title.

Practice:

Share a personal story that connects to your team's purpose.

Why it matters:

Authenticity invites vulnerability, connection, and innovation.



8-GRATITUDE

Essence:

Recognizing abundance in every moment.

Practice:

Begin or end your day with three things
you're thankful for.

Why it matters:

Gratitude shifts perspective and cultivates joy.



9-CONNECTION

Essence:

Seeing yourself as part of something larger.

Practice:

Reach out to someone who inspires you —
just to say thank you.

Why it matters:

Connection expands possibilities
and nurtures collaboration.



10-REFLECTION

Essence:

Turning experience into wisdom.

Practice:

Journal weekly on:

What did I learn, and how will I apply it?

Why it matters:

Reflection transforms action into insight and insight into leadership mastery.



HOW TO USE THIS TOOLKIT

Keep these 10 essentials close — print them, post them, or bookmark them.

Choose one essential to practice each week.
Small, consistent, imperfect actions
create lasting transformation.



DESIRE/REQUIRE

PERSONALIZED GUIDANCE?

Book a One-to-One
Holistic Leadership Coaching Session with
Laura Newberry-Yokley to explore your
leadership practice, align your holistic
leadership centers, and discover
your inner-leader.

Schedule your session now at
HolisticLeadershipNetwork.com



THANK YOU



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laura@sonrisaproducts.com
+1 614-202-2198 (text or voicemail)
HolisticLeadershipNetwork.com

