

Timeless and Timely: Living a Life of Leadership

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Living a Life of Leadership

- Leveraging the power of reflection
- Generating transformation from adversity
- The power of “both/and” thinking
- Distinguishing “safety” from “comfort”

Generating Transformation from Adversity

”Crisis” means “turning point”

Joseph Campbell: “The Hero’s Journey”

*The archetypal human experience
of change and transformation
is a heroic journey.*

Joseph Campbell: “The Hero’s Journey”

- The Call
 - Separation from the status quo
- The Struggle
 - The Abyss: a series of tests and trials
- The Transformation
 - Returning to where you started with new insight and wisdom

The Hero's Journey: The Call

- Separation from the status quo or metaphorical “home”
- A “call to adventure” into the unknown
- Point of no return
- The beginning of some journey
- Dramatic change or feeling restless

The Hero's Journey: The Struggle

- The heart of the story
- A series of trials and challenges, test of faith or character
- Conditions worsen; being in the abyss or the eye of the storm
- A death, letting go, grief
- “Crucible” experiences
- Powerful transformation from each challenge, although scarcely understood as it is happening

The Hero's Journey: The Struggle

*“Our greatest lessons
are in times of great difficulty....*

*Struggling is where
we live our deepest and fullest lives.”*

Alice Walker

The Hero's Journey: The Struggle

“The only way round is through.”

Robert Frost

The Hero's Journey: The Transformation

- Rite of passage
- Acquisition and integration of new wisdom
- Rebirth and resurrection
- A return to the homeland, with new strength earned through the challenges

The Hero's Journey: You're Not Alone

“...Furthermore, we have not even to risk the adventure alone, for the heroes of all time have gone before us. The labyrinth is thoroughly known....

“...Where we had thought to travel outward, we will come to the center of our own existence. And where we had thought to be alone, we will be with all the world.”

Joseph Campbell

Benefits of Knowing the Hero's Journey

- Connection
- Compassion
- Hope
 - Invitation to write the next chapter of the story
 - Who do you want to be?
 - What future do you want to create?