



### **TITLE: Tune into the wisdom of your body with Anakha Coman**

Our nervous systems are always talking to each other. Did you know that? Leadership is under a lot more pressure compared to 10 or 20 years ago. Issues like the cultural trauma of COVID, racial violence and the rise of AI technology affect the workplace in different ways. It has made it increasingly important to become attuned to your emotions. But before you can do this, you need to slow down, pause and become aware of what you're feeling. It is important for everyone to find their own pathway to themselves. I invite you to start to notice the inner landscape of your experience. Pausing and feeling helps you to embrace inaction. Because inaction is growth, space and a catalyst. Incorporating moments of pause throughout your day is like a bank deposit. You don't get that instant gratification but it has long-term rewards. Do not freeze yourself in some sort of fixed identity and let yourself continue to grow and evolve. We discuss topics such as the leadership gym, how to attune your emotions and what it means to rehumanize yourself.

We discuss:

- Leaders having to go to the leadership gym to learn to self and co-regulate the ability to include not just the mind, but the heart and the body.
- Attune to your emotions and bodies to achieve next era leadership.
- A pausing exercise that you can implement at home to check in with yourself.
- We don't have to be constantly busy, producing or achieving so we're not left behind.
- What it means to rehumanize yourself.

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I hope you enjoyed this episode of Evolve: A New Era of Leadership. To learn more visit my website: [www.carolynswora.com](http://www.carolynswora.com) or send me an email to [support@carolynswora.com](mailto:support@carolynswora.com). I'd love to hear from you.