



TITLE: Finding the leader within with Luke Iorio

Sometimes it feels like you're on a hamster wheel chasing the next goal. But as you grow older, what you want out of life changes. You realise that your body is your lie detector. It will let you know when you haven't processed a feeling or experience because the trauma and hurts gets stored in our bodies and in our nervous system. We often end up repeating patterns or loops because we don't clear them. Anyone with a pulse has some level of influence or impact on someone. If you help others to show up authentically, they evolve and innovate more quickly. I always thought it was up to somebody else to make a difference until I realized that I'm somebody. We discussed topics such as how to be more present, overcoming burnout and the conscious and awakened ego.

We discuss:

- His experiences going through burnout and how he overcame that.
- How feeling empathy and compassion for others helped him to feel that for himself.
- What to do when your mind is racing and you want to become more present in the moment.
- How to access the real wisdom, truth and consciousness by looking within.
- That we need an awakened and conscious ego, not a static ego.

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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 or send me an email to support@carolynswora.com. I'd love to hear from you.