

The No Nonsense Webinar - IV



#LEADINGREMOTELY



Remote

≠ Distant

LEADER'S IMPERATIVE.

The focus **is still** on you!



The Journey so far

Engaging the team

Coaching & Developing
the team

Leading Self

but



'It is only when one stands on solid ground, can one anchor others'



No Nonsense Webinar IV

- I. About Team– Staying connected and engaged
- II. About Learning – Not losing the focus on team development
- III. Lead Self Improvement – Personal reflections for growth
- IV. **Emotional & Physical Wellbeing**

In conversation with Alka Krishnan

- Alka is a seasoned learning facilitator and yoga therapist for over a decade now.
- She has been at the forefront of creating a new narrative of experiential learning by blending the philosophy and practices of Indic wisdom.
- A certified Yoga therapist from the Yoga-Vahini foundation & A Yoga Acharya from the Sivananda school of Yoga.
- Is a trainer and mentor of upcoming therapists through the Yoga Vahini foundation
- Apart from workshops, Alka has also worked with senior Executives on one on one coaching sessions using Yoga & Nutrition to help renew energy and focus.
- A no nonsense person herself 😊



Q.

- What does it mean to be not be on solid ground? what is happening?
- What is one experiencing?



'It is only when one stands on solid ground, can one anchor others'

Q.

- How does it manifest itself or impact those around us at home and at work?



'It is only when one stands on solid ground, can one anchor others'

Q.

- What then is Emotional well-being? And, why is it challenging?



'It is only when one stands on solid ground, can one anchor others'



Q.

- How does one start? What does one do?

'It is only when one stands on solid ground, can one anchor others'

Q.

- In the spirit of no-nonsense can you share some simple but effective practices and how they can help?



'It is only when one stands on solid ground, can one anchor others'

Morning practice

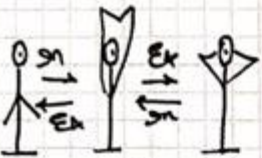
Morning Practice

Inhale = Exhale

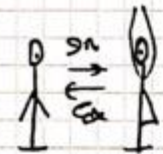
Stand connect to your breath. Take 6 Breaths with your maximum Inhale and Exhale. As you breathe deeply connect with "how your day is unfolding and your preparation."



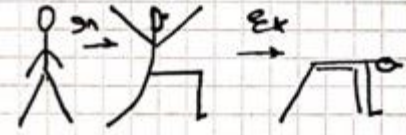
6I - As u Inhale raise your arms from the sides simultaneously raising your heels. Bring awareness to heartspace and welcome confidence for day.



3T → This is to open your shoulders and breathe well to start your day.

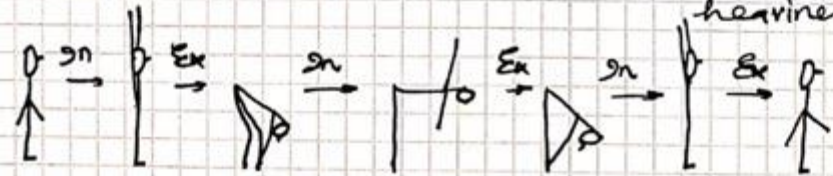


3T → This posture evokes focus, brings balance and develops strength in legs



(3T on Left and Right)

This warrior posture prepares u to face the day. Connect to Strength on IN and Exhale the residues and heaviness.




Full engagement of spine and energising.
(ENSURE TO COMBINE BREATH AND MOVEMENT TO FEEL BEST RESULTS)




Sit - Breathe. Get on a comfortable count of In and Ex (could be 4,5,6 or 7) and stay with it for 12 Rounds

Evening practice

Evening Practice Inhale ← Exhale

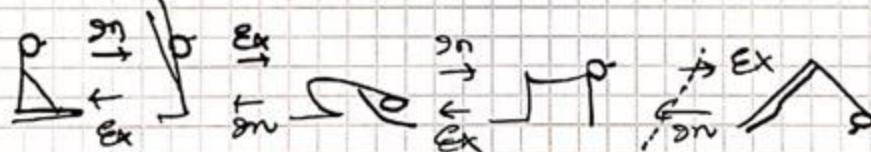
①  Sit Connect with breath. start to extend your Exhale (3", 4", 5", 6"). Every time you extend the Exhale connect to what you can let go from the whole day.


②  6T - focus to lighten the spine and shoulders.

③  6T
Focus to Relax lower Back. Use sound of OM or humming to Exhale more.

★ Focus to Empty through Exhale.



④  Do it slowly again focussing to let go of all residues.

⑤  Pranayama - Sit Breathe - Connect to Breath that is already focussed on Exhale. Try to get to (1:2) of (In:Ex)

12 Rounds

Q.

- In moving from knowledge to practice, what are typical barriers people can encounter?



'It is only when one stands on solid ground, can one anchor others'

Q.

- How can one overcome these barriers?



'It is only when one stands on solid ground, can one anchor others'

Circling back to being a leader

Bonhomie

Motivate

Share

Coach



Communicate

Deal with failure

Share success

Inclusive



Access to all #LeadingRemotely webinars on www.blueskylearning.in

- **#1:**

- <https://www.blueskylearning.in/2020/04/29/engage-meaningfully-leading-while-remote/>

- **#2:**

- <https://www.blueskylearning.in/2020/04/29/coach-effectively-for-leading-remotely/>

- **#3:**

- <https://www.blueskylearning.in/2020/04/29/lead-self-for-leading-remotely/>

- **#4:**

About BlueSky Learning

- 16 years, 14,000 man-days and counting
- We believe that attitude & behaviour is the differential
- Experiential, activity-led learning; Gap between knowing & doing
- Virtual+ experiential programs – Leadership, Behavioural Skills, Teamwork
- DIY activity-led modules – LIBRARY

- www.blueskylearning.in
- www.kitlibrary.com
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WAKE UP

KICK

ASS

REPEAT