



LEADERSHIP  
RUPBELLION  
From the Tools for Life Institute

# LEADING & COACHING **ESSENTIALS**

*By Rupda*



**This PDF** covers some of the foundational essentials to leading and coaching, and working with the 'wholeness of who we are'. This is for those that want to step into leading and coaching, or want to further develop their leading and coaching skills.

I hope the content here will inspire you to **deepen your way of working with individuals, groups, teams and organisations.**

So let's begin...



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## NEW WAY OF **LEADING**

The old paradigm of a leader that is bossy, pushy, bullies, intimidates or applies forceful pressure doesn't work anymore, at least not for those that want to work in a safe and enjoyable environment.

A modern-day-leader is someone who is willing to embrace all aspects of themselves, and their humanness.



They are willing to do the 'inner-homework', to explore their own landscape before being there for others; thus equipping themselves with a far greater tool that is founded in direct-experiences, wisdoms and knowledge, enabling them to lead in a new way.

In these pages, I break down the foundational essentials into three components of which I call, heart-led leading. The three components are the three centres of intelligence; head-centre, heart-centre and belly-centre.

After reading these pages, it is my hope that you understand more about leading and coaching from a more human approach and that you are able to apply these understandings in both your personal life and in your role as a leader.

So why are these centres so essential? The short answer is, when we work with individuals, teams and organisations, we want to lead from the 'wholeness of who we are', as well as, the 'wholeness of who they are', this gives you a much wider, and deeper approach to leading in ultimately any environment.

Let's begin.



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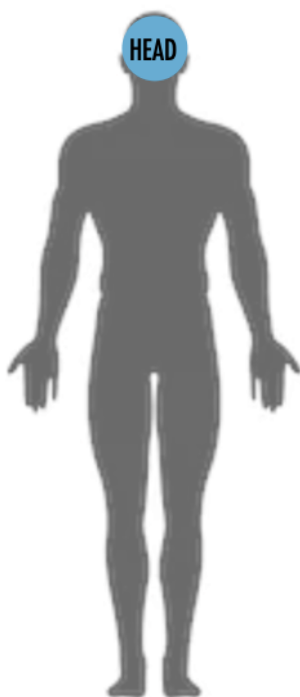
### HEAD-CENTRE

The head-centre is the most popular centre. It is where many of us orient ourselves. Because of our upbringing, we've been taught to develop the head, so much so, that we've built universities around it, and we've gained much from its abilities.

Our head-centre also carries both the conscious and the unconscious, from computation to conditioning. We have logic, language and we also have memory-stored beliefs. Beliefs about ourselves and about the world around us. Both negative and positive.

When we are only focused on strengthening our head-centre and ignore the heart and body-centre, there can be a somatic-disconnect. When we don't include the other centres we can also become over-analytical, over-think things, anxious, restless, distressed and develop a strong negative self-belief. This is why including all three centres is so essential in being a heart-led leader.

So, what does the head-centre offer us that we can benefit from personally and professionally? I've listed a few below, but of course there are many more qualities that the head-centre can offer us:



#### The head offers

- critical thinking
- knowledge
- memory
- mindfulness
- curiosity
- wonderment
- understanding
- awareness
- focus

feel free to add a few of your own

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*Aside from what you see in the list above, the head-centre also offers intelligence, logic, consciousness and much more.*





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## HEART-CENTRE

Since the last few decades, we have witnessed more and more people orienting towards the heart-centre. People are realising that to be a well-balanced leader, they need to also acknowledge the heart, and ultimately their feelings.

Feelings.

Until recently, they were left out of the boardrooms, team meetings and even one-on-one conversations. But now we are seeing that feelings, like vulnerability, once viewed as a sign of weakness, takes great courage, creates connection rather than disconnection, and is an important quality to



embrace in leading and supporting others. We are coming to understand that the value in showing our humanness also creates space for those around us to be in their humanness. This also creates a deeper trust because people feel they can be themselves. Open, honest, vulnerable, not only strong, and certainly not having to hide their feelings. To lead from the heart gives permission to yourself, and others, to make mistakes and to not have to be perfect — this takes away the pressure and anxiety to not *always have to get it right*, which is why including the heart-centre is so essential.

The heart-centre offers many important qualities. Take for example, one of the key essentials to leadership (and life) the quality of, patience. Patience is something many of us can use more of. Do you consider yourself to be a very patient person with yourself, and others? And if not, why? It's an important quality to embrace, especially if you want to lead and coach others.



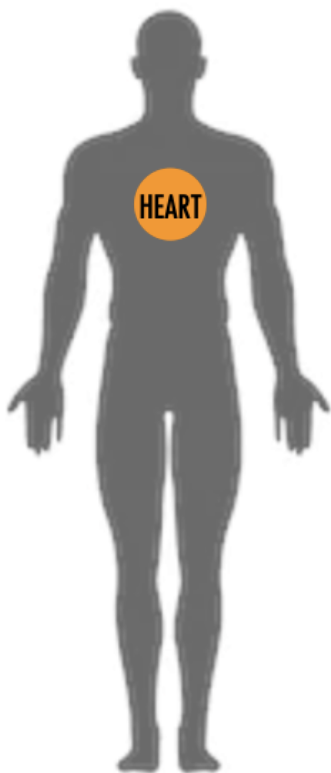


## LEADERSHIP REBELLION

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Don't be fooled by the old wound of a broken heart where you build a fortress around it so that you will never get hurt again. Or a belief that the heart is for sissies, fool's, the naive and the gullible. The heart has a far greater strength and an emotional intelligence than we give it credit for. When welcomed, the heart-centre guides your language, understanding and wisdom to a far deeper terrain making you more equipped to work with the 'wholeness' of each individual, team and organisation that you lead and coach in.

Some of the many benefits the heart-centre can offer us are listed below, but of course there are many more qualities it can give:



### The heart offers

- love
- acceptance
- compassion
- vulnerability
- forgiveness
- gratitude
- connection
- joy
- excitement

feel free to add a few of your own

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*Aside from what you see in the list above, the heart-centre also offers listening, patience, sensitivity and more.*

Just to say something about sensitivity. A good leader... nay, dare I say it, a great leader embodies their sensitivity because they know that this quality of the heart enables them to pick up on things in the room, and with individuals. The unspoken. Thus, allowing them to ask questions that were not obvious to the naked eye, but felt. To lead with a sensitivity is to have a sharpened awareness within yourself, and around you.



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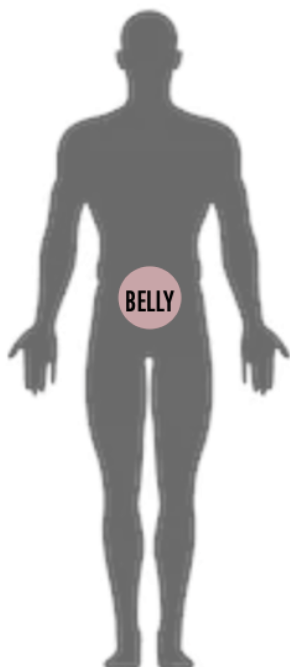
## BELLY-CENTRE

The belly-centre is also known as the body-centre. The centre we breathe into. You'll be amazed at how many of us forget to breathe. For some people the disconnect from their belly-(body)-centre is so great that they have disassociated from it and/or neglect to take care of it. Many people have lost touch with their body, it's almost like this thing beneath their head that is just delivering them to meetings, functions and events but there's no real connection to it.

When we orient towards the belly-centre we reap the rewards of its strength and its remarkable resilience. Through the belly-centre we can move from stress, anxiety, panic-attacks, overwhelm, fight, flight response of the sympathetic nervous system to a grounded, balanced and calm breathing state of the parasympathetic nervous system. The belly-centre is a powerful resource when we utilise it.

This is why the samurais are so belly-centred oriented because they know it is the source of where their life-force lives. Our belly-centre keeps us grounded during the unpredictable storms of life.

So, again, here are some of the benefits the belly-centre can offer us listed below, but of course there are many more qualities it gives:



The belly (body) offers

feel free to add a few of your own

- presence
- intuition
- gut-feeling
- relaxation
- breathing
- balance
- groundedness
- life-force
- power

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*Aside from what you see in the list above, the belly-centre also offers strength, resiliency, resourcing, regulation, aliveness and when you are 'present in the body' you are also more able to honour your boundaries.*

## **ALL THREE CENTRES**

Imagine now leading and coaching from all three centres, what kind of leader would you be? If you were to really live those qualities in your personal and professional life, how might it benefit you? What impact would it have? What would it change? And also how might it affect those around you?

To truly embody the three centres (not as a theory, or concept), means you will be able to trust your intelligence, your critical thinking and your awareness. And also trust your feelings, your vulnerability and your sensitivity. As well as your intuition, your breathing and your presence. Imagine embodying these three centres when leading and coaching others? It's powerful stuff and in my years of leading, I firmly believe this integration is essential.

Your quality of life will change when you embrace these three centres. You will experience the 'wholeness' of who you are, not just part of you, but all of you will have permission to be present. This naturally creates a 'fullness' within you and a new way of leading others.







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## Barriers of Beliefs

What are some of the barriers  
you face around leading?

Fear of failure or not getting it right  
Fear of stepping into your own power  
Fear of not being good enough  
Fear of what other people might think  
Comparing ourselves to others  
Shame or fear of being too much



**QUESTION**  
*to you*

Take some time to self-explore and write about what might be some of the barriers of beliefs you have around stepping into leading and coaching, or furthering your leadership development...

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## Qualities

What qualities do you embody?

Recognising your own qualities is a valuable step. Because once we honour our qualities we can start incorporating them into how we lead and coach others. Or we can at the very least begin to acknowledge what we have to offer is of value. Remember that, what you have to offer is of value — it's just the belief that tells you otherwise.

Here you can write about both qualities you have and qualities you would like to embody more of...

Qualities you embody:

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Qualities that you would like to embody:

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Feel free to put this up on your wall so that you can remind yourself when you forget ;-)



— in your work environment as a team player, as a manager, or as the boss, in your home environment, as a partner, as a parent, as an individual in the community and so on... and how would you like it to look?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

- Albert Einstein





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In many ways, you can say that leading is about you being connected to your qualities. Honouring them. Embodying them. Living them. And sharing them.

Leading also gives you relaxed confidence. To trust yourself and your intuition. To appreciate what you have to contribute and to also inspire others to do the same.

And an authentic leader, a conscious leader, a heart-led leader is willing to meet themselves, do the 'inner-homework' and continue to grow no matter where they are in their leadership development.

And by the way, we need more authentic, conscious, heart-led leaders and coaches in the world today, so... why can't it be you?



Wanna know more about stepping into **leading** and **coaching**?

To move out of the '**no-worth to self-worth**' with a powerful leadership development and self-development training?

Then perhaps you're ready to join the **Leadership Rupbellion**?

The Leadership *Rupbellion* is a Certificate of Leadership Training from the Tools for Life Institute. **See more...**



## LEADERSHIP RUPBELLION

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The **LEADERSHIP RUPBELLION** is for those who want to develop their leadership qualities. To make a positive change in their own lives as well as working with individuals, groups, teams and organisations.

It is for those ready to lead authentically, from the heart. And most importantly, to value what you (already) have to offer. It's a time to rise up, skill up and show up.

So if you have a deep love for personal growth, a passion to contribute, inspire and support others in their growth... then this leadership training is for you.



*"Leadership Rupbellion is a one-of-a-kind training that brings together the conventional and non-conventional. It takes leadership out-of-the-box to: Thinking differently. Listening differently. Responding differently. Communicating differently. And leading differently. A heart-led approach to leading."*

To see when the next Leadership Rupbellion training is happening, click here:  
<https://rupda.krtra.com/t/TlvGZxbpNqoQ>

Thank you,



Rupda



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Rupda is a certified Counsellor with S.I.A.F. and is a certified Somatic Experiencing Practitioner from Peter Levine's SE® Institute of Trauma Healing. She is also an NLP (Neuro- linguistic programming) Practitioner, studying directly under John Grinder. Additionally, she is trained in Nonviolent Communication, Enneagram and Hypnosis Mastery directly under Stephan Gilligan. She has worked directly with Tony Robbins in Leadership and Business Mastery as well as studying works from Quantum Physics, Family Constellation, L.O.A., Essence, Mindfulness, Stress Release and numerous others modalities.

Rupda offers one-on-one coaching for those who want private sessions. For more details please write to: [info@rupda.com](mailto:info@rupda.com)

She also offers tailored programs for teams, groups and organisations and is available for speaker events. For more details please write to: [info@rupda.com](mailto:info@rupda.com)

Rupda also offers a multitude of workshops both on location and online, see website for full details: [www.rupda.com](http://www.rupda.com)







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## TESTIMONIALS



*"I flew Rupda to Fiji to lead me in a few things and she did a great job. She's charismatic, playful and I love her stories.."*

**Tony Robbins**, Motivational Speaker

*"She knows how to make things happen.  
And you will have a lot of fun with her."*

**Bruce Lipton**, Epigenetics Biologist



*"When I met Rupda I knew she was the real deal. She knows what she's talking about, she's been there. You can see it in her eyes."*

**Russell Brand**, Author, Actor, Radio Host



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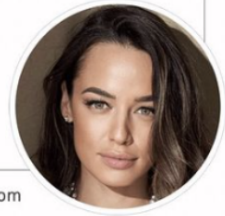
*"The leadership training was a very eye opening experience for me. I realised which skills I need to improve to be able to lead from the heart, authentically, with no agenda and in congruence with what life wants to express through me."*



**Sandra Gal**, Golf PGA Champion  
Attended Tools for Life  
Leader Training  
USA

www. *Rupda* ❤️ com

*"Rupda is a natural born leader. She holds a treasure chest of gifts, insights and 'how to's' in her back pocket. If you have the chance to attend the Tools for Life Leader Training don't miss the opportunity, you will learn so much!"*



**Andreea Raicu**,  
TED Talk Presenter & Author  
Attended Tools for Life  
Leader Training  
Romania

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*"Rupda guides people in a very natural and authentic way. Trust in life and human connection are the most precious things that she constantly shares in her work. She always walks her talk and leads with integrity by example. The Tools for Life Leader Training is a complete journey that will give you all you need to bring out the best version of your leadership. I highly recommend to join her leader training certificate course!"*



**Tyler Micocci**, Entrepreneur  
Attended Tools for Life Leader Training  
Italy

www. *Rupda* ❤️ com

*"I'm more awake and aware of how my thoughts and behaviour can influence my life in both positive and negative ways. And to remember: 'not everything the mind says is true'."*



**Eloi Burke**  
Recruiter  
Attended the Tools for Life  
Leader Training  
Netherlands

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