

Tracsens.

Practical Sensible Leadership

Leading Life
Initiative

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For fantasts, dreamers & adventurers

*Open source inspiration ideas & initiatives
based on biological leadership*

Preface

Please see the presentation not as a proposal or plan how things should be or become. Since it's not following something but about leading.

'This presentation is more like the sketch of a garden.
In this garden grows a large diversity of initiatives.

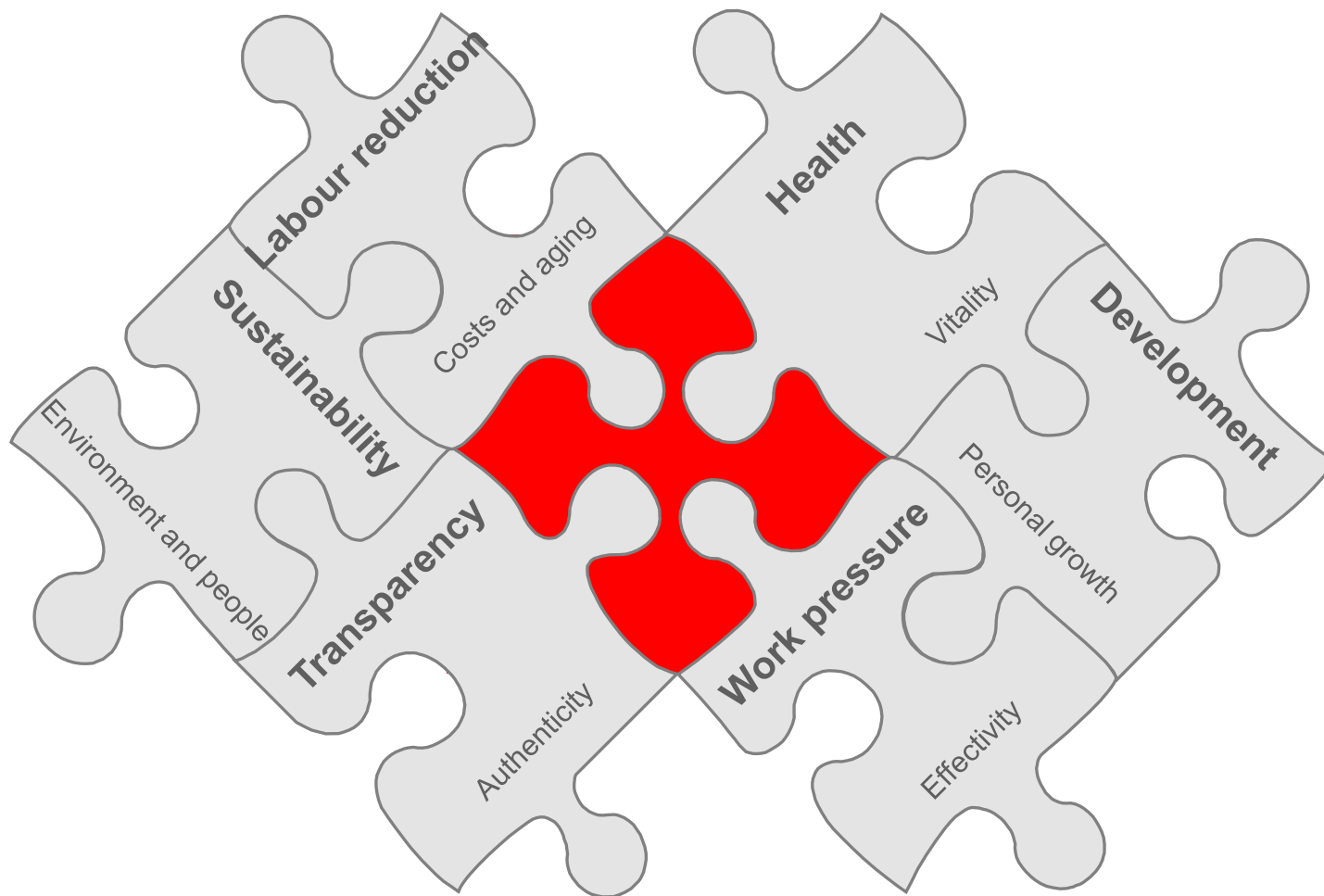
Some will succeed and grow to be fully developed 'organisms' like collaborations, companies or even personal development. Other might not make it, that's inherent to life.

Leading healthy growth and liveliness that's what it's all about.
In support of this we supply experiences, observations and insights.

This like a collection of travel stories. Collected and growing day by day, month by month, year by year while traveling through and with life.

It's from and about people, people leading life.
People little and small, large and great, remarkably special.

Puzzling challenges?



Organisation

Individual

Years of crisis management experience tells us...

*...not what we **must**...*

*...not what we **say**...*

*...even not what we **want**...*

*...but what we **do** counts.*

The two building blocks of life

<i>Level</i>	<i>Dynamic core</i>	<i>Stabilising protection</i>
Cell	Cell core	Cell membrane
Biological Individual (multi cell)	Regular Organ function	Immune system
Neurological Individual	Soul	Ego
Neurological social	Group members	Leader

Space for in-group behaviour out-group behaviour for protection

Out-group behaviour (protection):

- Professional distance, predictable and consistent
- Come to the 'correct diagnose' by excluding alternatives
- External motivation
- Control
- Exchange of services
- goalsetting, mile stones and plans
- Serious, correctness and focus
- Future, ideal situation as target
- Efficiency, zo highest possible speed

In-group behaviour

- Connectedness, care and interested attention
- Make room by offering alternatives
- Internal motivation
- Trust, being one
- Working together is sharing together
- Motives, discoveries and exploration
- Humour, openness and creativity
- Current situation, context and current moment as area of attention
- Effective fitting speed

Personal protection

Keep distance (protecting, out-group behaviour):

People who aren't happy and don't want you to be happy. They will do anything to make sure you're not happy. This makes them feel better.

People that base their self-esteem and happiness on putting themselves above others by humiliating and putting down others. 'You can't do it', 'let me help you', 'you'll never make it' and 'if I wasn't there to help you...' is their message no matter how they hide it.

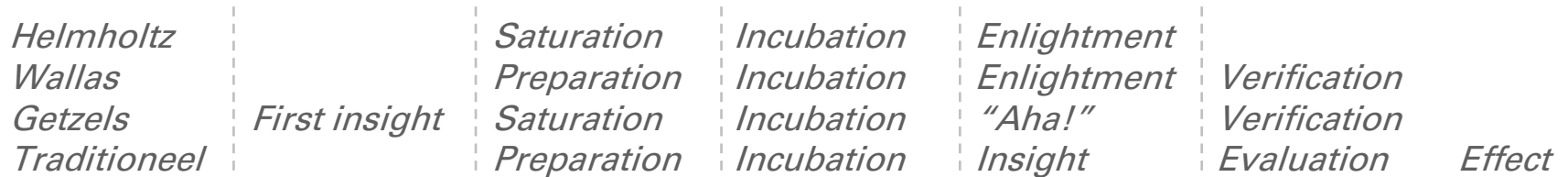
On the other side are the people who cling to others as if they were the last resort in the world. They abuse the willingness to help and care of others. The other person has to do it for them, that's their right. They wear others dry.

Welcome (connectedness in-group behaviour):

People who are satisfied with who and what they are. Happy sometimes, or, sad, or afraid, cowards at times, heroes now and then. Taking responsibility when the situation asks for it. They stumble, fall, get back up and move on. In short: they live. They are able to be happy for themselves and others.

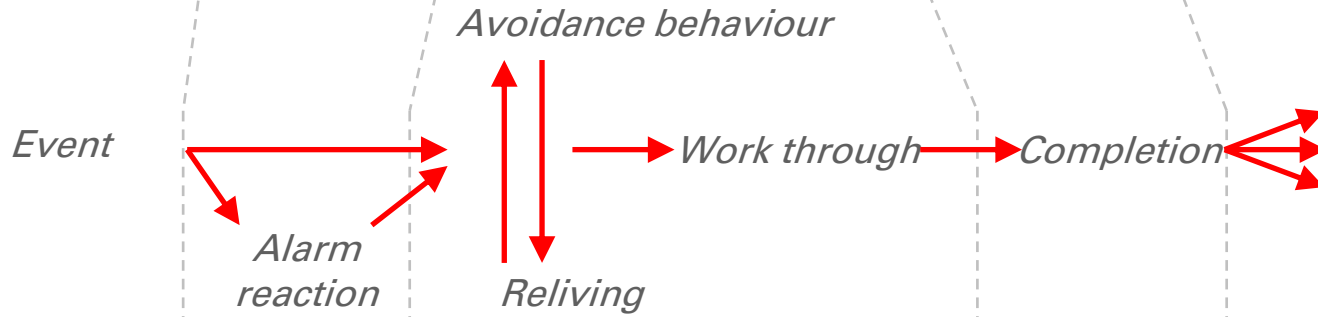
Creativity leads to a mentally and physical healthy person

The phases of creativity

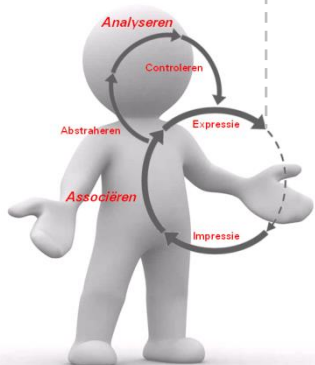


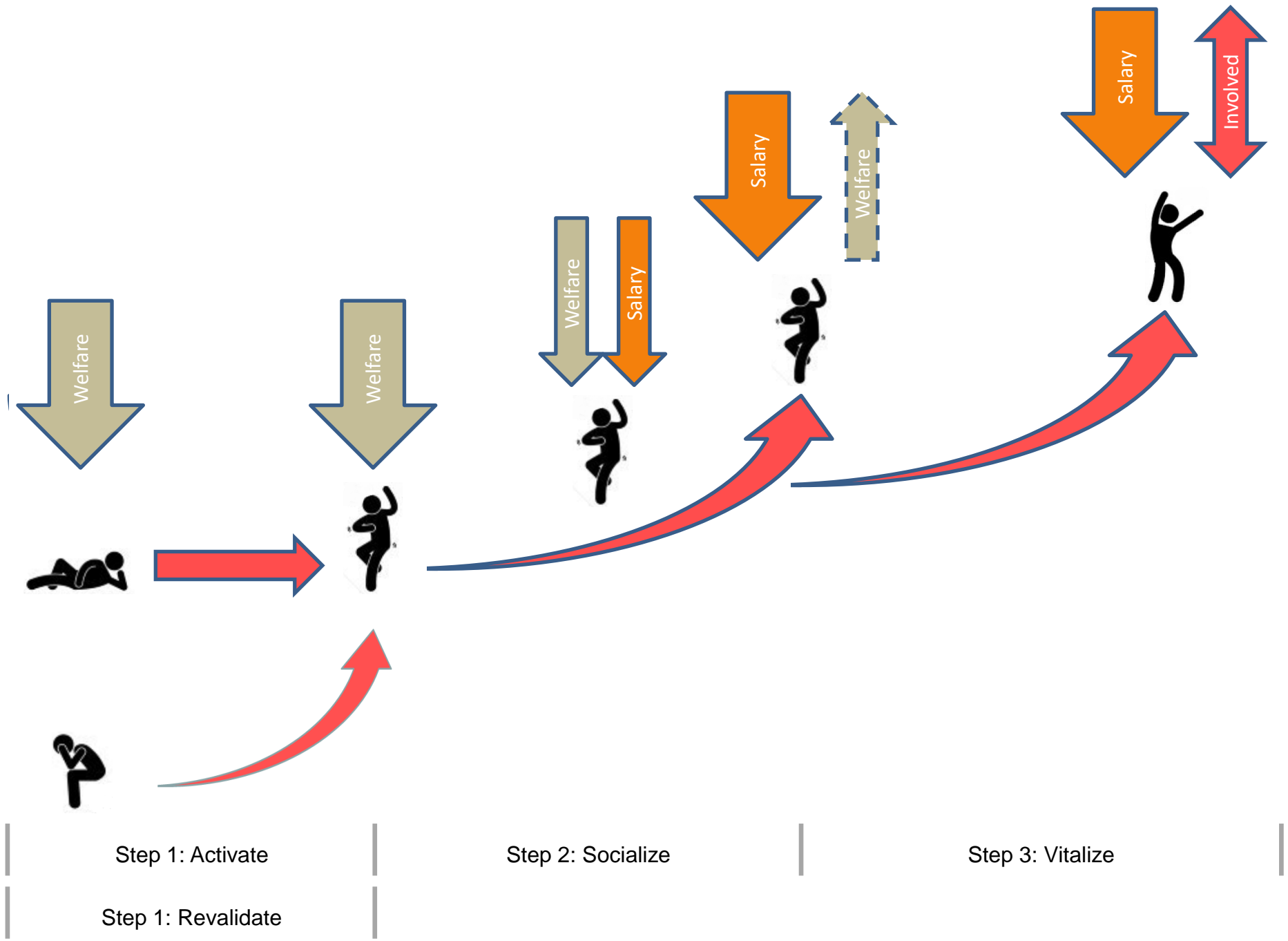
Bron: Science into Art: A Study of the Creative Process - Lawrence Livermore National Laboratory

Trauma recovery process

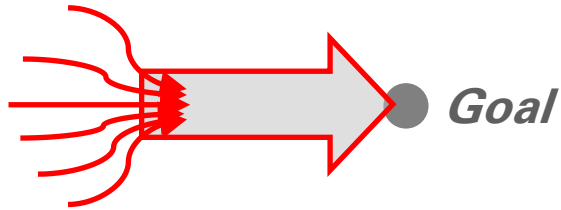


Bron: Stress Response Syndromes – M.J. Horowitz

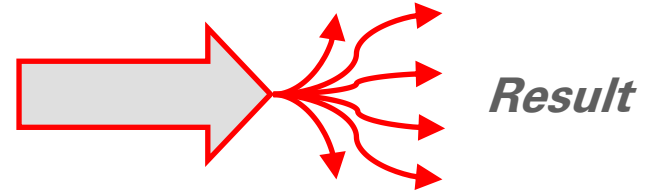




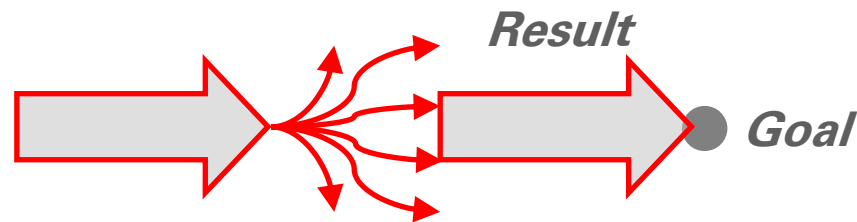
Basing it on motivations as pushing force



The pulling force of a fixed goal limits the freedom to act, it focuses it towards the goal.



The pushing force of motivation expands the freedom to act and produces results fitting to the motivation.



Motivations always find a way around goal setting if the goal is not a perfect fit. 'Working on' versus 'working to'. The pushing force of motivations naturally produces alternative ways to proceed in case of setbacks.

Tension and attention as internal motivator



Motivation is only there when the goal is kept in sight.
Needs continuously focussing attention



Motivation is there continuously as long as the tension exists.
Attention is natural

Why we finish watching a movie but don't complete change projects

Consequences of over protecting

- Feeling rushed and anxious
- Biological and psychic immune system continuously activated
- Little or no intimacy and depth in relationships (exchange of 'services')
- Increase in narcissistic behaviour
- Withdrawing in own, smaller and smaller world(view)
- Increase in complot theories, tribal fights and religious fanaticisme
- Increase of psychic disorders as depression, fear and compulsory disorders
- Inadequate psychic care caused by far-reaching professionalisation
- Diagnoses autism, ADHD, PDD NOS etcetera increase
- Bandwidth 'normal behaviour' is getting narrower and narrower

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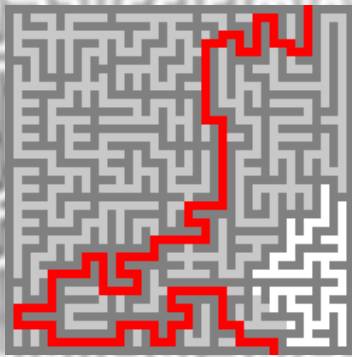
Idea > < *Reality*

Fantasy – Dream – Adventure

Initiatives by involved, actively creating people.

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