**Left Brain, Right Brain, Heart Centre**

Welcome to the October Life-Changing Leadership Blast! This month's topic is around accessing all the skills and abilities and capabilities of every leader. What I like to do sometimes is look back in history to help inform what's going on today and what might be happening in the future. So one of the things I want to do is go back to at the turn of the Industrial Revolution. One of the things that often happens with corporations is that they insisted that employees come to work, it was much more rigid environment where what we wanted to do is access people's left brain; we said bring your analytical, critical thinking. We might have also said we want your body. If it was in a labour driven industry, if it was in mining or in forestry, then we were expecting a person to bring their left brain and their body to work but we really discouraged employees from bringing their emotional being, their emotional side, their feelings and potentially what might be going on in their personal life. So we really believed that there was a divide; leave your personal life at home, leave those emotions at home, and just bring your analytical left brain to work. About 10 years ago we started, 15 years ago now actually, we started to talk about the importance of accessing the right brain and what happened was a couple really good books were written by Daniel Pink. You might remember them and it's all about how do we engage the creativity and innovation every single human being has within them that resides in the right brain? There's a lot of conversation around balancing the critical thinking, the left brain, and our right, creative and innovative brain. Part of that was because of the massive changes that we see going on where many of us are struggling, keeping up with how fast the world is changing. We believe that there is way more to being you and we believe that there's way more to being a great leader. What that includes now is actually accessing the heart centre; accessing emotions, recognizing that we are emotional beings and how to access that as a way of guiding us in making great decisions. So we know that there's lots of new research around the heart. The heart muscle and that it does way more than just pump blood in our body. However, I'm going to leave that for my colleague Mike to share with you in another month. What I just want to touch on today is how to access that intuition - the feelings, the emotions, the gut feeling, the spidey sense. So I often ask leaders, have you ever made the decision you knew you shouldn't make but you made it anyway? What's that about and how did you know that you shouldn’t have made it? It's because our spidey sense was telling us; we had a gut feel, we maybe have an ache in our belly. What I would encourage us to do, if we really want to have alignment, personal leadership alignment, it's about accessing everything that makes us human being. Why would we want to not access the emotional side of us? It can actually inform great decisions! So for us, it's about alignment; it's about understanding that we are complex beings that have a lot of skills and abilities that we sometimes don't access because we've been told and trained not to. But in today's world, accessing the emotional being, listening to it, is really important. We often tell leaders, if it doesn't feel good, it probably isn't. So this month we encourage you to tap into your heart centre, listen to your intuition, that gut feel, that spidey sense and let it help inform. Using the left brain and the right brain in combination so that we stay in alignment. Have a great month and good luck with tapping into the emotional person!