



The leader of the future

In connection with oneself and the others

READ ABOUT:

Putting yourself first

Learning to respond to your body for wellbeing and better business ability

Daniele Boido's *The Human Being of the Future: A Non-Spiritual Guide to Spirituality*

Joseph Ricciardelli presents the latest edition of the lean diary, this time focusing on making sure you look after yourself before the business.

In my previous article for LMJ, named *10 commandments for a leader of the future*, I was setting, experience and knowledge based, essential guidelines for one to follow, on the path to becoming a successful, respected leader of a team, yielding pre-set and expected results with their designated team.

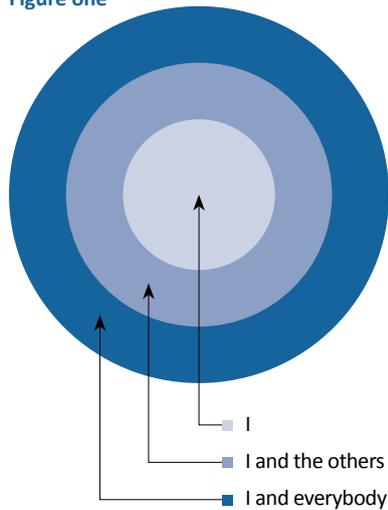
The one (leader) listens to and respects their crew; the one is followed and recognised by their team; the one reaches the targets together with them; the one is assessed a good leader.

On the surface it all looks smooth and impressive, and it seems the only thing that actually matters is what's on the surface. Nobody knows nor is

concerned about what happens with(in) the one by himself during the process; nobody questions what is going on with him in busy times - with customers' needs to meet, people to train and involve, problems to solve, objectives to meet, a myriad of emails to manage; overloading and stressful tasks piling up and confusing, hectic thoughts rushing through their mind, colliding with each other and disabling the one from focusing.

Leaders think fast, act fast and so does how they choose their (fast) food; with no time left to either exercise nor genuinely relax. They work even when not at work in order to sustain the epithet of good. Are they anxious and worried? Extremely – however, all from

Figure one



within, because from the outside they appear calm and reassured - and they must preserve this state at all times, for, they are a role model to the team. They struggle day by day to make sure they preserve their sanity and common sense through tough moments and bring fair, rational decisions and continuously pursue balance.

THIS ONE CAN BE YOU. THIS ONE WAS ME.

In summer 2013, I came across a book *The Human Being of the Future* by Daniele Boido. After reading it in a single breath, I decided to meet the

“To be a good (leader) to others, you have to be first good leader to yourself”

author – a person who has spent his lifetime studying and practicing various, both ancient and modern, philosophies - transfusing all the knowledge and experience into practice of helping others find their ways to balance and happiness. Nevertheless, his approach was something I was drawn to the most, for, a step-by-step method I was using for years to achieve excellence on the shopfloor he proved to be applicable and has been using with human beings.

“All starts at one”. My decision to fly to London, and attend a half-day seminar Daniele was organising, was my one decision that would bear many other afterwards for the sake of my better self.

Daniele and I have been co-operating ever since – he, who knows the basis of human mind, body and spirit and how to enhance them and I, who have been working on motivating people to use their potential to the fullest for the sake of their own and their company’s. We have intertwined our methodologies and techniques, creating the following:

The three circles (figure one) show the way we connect. In the core is “I” part, meaning that the one has to be in tune with their own self - the body, mind and emotions, in order to be in harmonious connection with the people around them. So, the one has to start from the “I” circle expanding to the outer circles afterwards. The essence circle is deployed into five phases (figure two):

1. CONNECT WITH YOUR OWN BODY

“Imagine your body a house. If the walls are falling down, the pipes are rusty and electrical system faulty; until you take care of these basic problems, it is very difficult to focus on anything else”

Figure two



“The one (leader) listens to and respects their crew; the one is followed and recognised by their team; the one reaches the targets together with them; the one is assessed a good leader”

Years of precipitated (unhealthy) food within your intestines and persistent intake of processed aliments, vitamin/mineral-free foods and alcohol consumption can bring the body to respond by yelling at you with various kinds of pain, headache, weariness, drowsiness, sleepiness, lack of energy and willpower, mood swings and other forms of negative feedback.

It is time to start listening to your body, be attentive to the signals it sending to us and react to its yelps. Cleansing and detoxication is the first step the one has to take on the road to long term well-being. The right choice of food at the right amount (by choice is meant the one chosen by your body, not by various experts – it is your body after all and nobody knows it better than you) is the key.

2. CREATE A STRONG FOUNDATION

“In order for our bodies to work harmoniously we have to make sure that, just like the frame of a house, our muscles are developed equally and are in equilibrium”

In order to be agile and nimble, the one needs to stop making excuses and find a bit of time to devote to physical exercises, again, upon their own body's choice to support it now and onwards. Martial arts, yoga, Pilates, running or anything else that may develop one's muscles and align them, sustain the body's structure shall be welcomed, rewarding and will “outweigh any previous form of satisfaction”.

3. STRENGTHEN THE MIND

“The understanding that our body needs the right foods and forms of exercise has to be combined with an understanding of our minds and emotional state”

As already mentioned in the article introduction, the external stimuli, technology and imposed life and work (fast) pace is making the noise within our minds, taking us further from an inner connection. Overwhelmed by consistent forthcoming tides of thoughts, we jump from one task to another, from one thought to another, losing the grip. Past experiences influences and beliefs have created mental structures that may be trapped within you, preventing you from achieving your objectives and inner state of calmness and serenity.

By understanding how the mind works, creating the state of awareness and achieving a cleansing of mind is of utmost importance for the one's construction of an inner being, loud and clear at the same time, focused, and able to achieve its goals.

4. ENHANCE THE ENERGY FLOW WITHIN YOU - BREATHE

“Most of us breathe just enough to keep us alive. What keeps the body in a healthy state is the flow of life energy

that goes through it and breathing brings this life energy into our lungs and throughout”

Oxygen is critical to our well-being, and any effort to increase the supply of oxygen to our body and especially to the brain will pay rich dividends. If it doesn't get enough, the result is mental sluggishness, negative thoughts and depression. Breathing exercises are particularly important for people who have sedentary jobs and spend most of the day in offices. Their brains are oxygen starved and their bodies are just getting by. They feel tired, nervous and irritable and are not very productive. On top of that, they sleep badly at night, so they get a bad start to the next day continuing the cycle.

Practising and mastering breathing techniques can help the one feed their organs with this essential nutrient, be fresh, energetic, creative and productive.

5. UNITE AND HARMONISE KNOWLEDGE ACQUIRED AND CHANGES FOR INNER JOY AND STABILITY

The fifth step is to unite, in a harmonious manner, all the knowledge gained and the changes obtained. Through meditation and unification of all the aspects of personality in strong and conscious one, you will get joy and inner stability.

Now, when after these five steps, the leader's foundation is stable and pleasant to be within and the interior calm and balanced, full of energy and stamina, it will have positive output to their people. They can share the experience and influence the people to become better selves.

To be a good (leader) to others, you have to be first good leader to yourself.

FURTHER READING:

The Human Being of the Future: A Non-Spiritual Guide to Spirituality, Daniele Boido.