

# Art of Balanced Leadership



Corporate  
Meditation

Self-Mastery and Maturity are actualised by balancing our

## Left / Right / Centre.

Often the progressive process of realisation and growth has moved us from Left, to Right, into Balance - Being Centred

### Left

People  
Relaxation  
Desire  
Receptive  
Yin  
Right brain  
Left Sided  
EQ  
Mind  
Lethargic  
Emotion  
Beauty  
Pleasure  
Feelings  
People  
Cooperator  
Depression  
Avoids work  
Victim  
Past  
Dependent  
Submissive  
Subordinates  
Helpless  
You win  
I lose energy  
Abandoning  
Super-ego  
Conditioned self  
No choice  
Flight  
Self-surrender

### Centre

Leadership  
Meditation  
Evolution  
Harmonious  
Yoga  
Whole~limbic  
Centred  
SQ  
Mastery  
Dynamic  
Wisdom  
Awareness  
Presence  
Self-mastery  
Balance  
Co-Creator  
Inspiration  
Works on Self  
Visionary  
Presence  
Detachment  
Assertive  
Collaborates  
Interactive  
We Win-Win  
We synergise  
Integrating  
Spirit  
Higher self  
Multiple choice  
Flow  
Self-realisation

### Right

Task  
Concentration  
Action  
Active  
Yang  
Left brain  
Right Sided  
IQ  
Ego  
Hyperactive  
Intellect  
Truth  
Precision  
Thoughts  
Task  
Controller  
Inflation  
Works on goals  
Victor  
Future  
Independent  
Aggressive  
Dominates  
Pro-active  
I win  
You lose energy  
Controlling  
Ego  
Separated self  
Either-or choice  
Fight  
Self-assertion