


Intuition:

Increasing Your Servant Leadership BANDWIDTH

 *On most important decisions there is an information gap [. . .]
The art of leadership rests, in part, on the ability to bridge that gap
by intuition, that is, judgment from the unconscious process.”*

—Robert Greenleaf
The Servant as Leader



11 March 2016

Hosted by Parkland Hospital
Facilitated by Trammell McGee-Cooper & Associates



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Parkland

~~Goals~~

Questions
we will
EXPLORE

1. What is intuition? Can you recognize it in yourself?
2. Why is listening to intuition important as a servant leader and how can it help you?
3. Can you really learn to be more intuitive if you feel like you aren't?
4. What can you do to heighten your intuition?

Intuition is a type, or bandwidth, of intelligence central to the design of the human being. We are suggesting that the human system is preprogrammed to operate with a high level of operational, intuitive intelligence, and that in this accelerated information age we have created the perfect conditions to optimize it.”

—Bruce Cryer
CEO, HeartMath LLC
as quoted in *Source*

BRAIN teasers

Part 1 ANSWER	Part 2 HOW DID IT COME TO YOU?
1.	
2.	
3.	
4.	
5.	
6.	

Quiet your rational mind to listen
to your subconscious intuition.



BRAIN Games

Sharing personal intuition stories . . .



We validate intuition by listening to each other's stories...

Stories can build bonds, develop trust, and lead us to the greatest meaning in our lives and work."

—Deborah Welch, Ann McGee-Cooper, and Duane Trammell
The Art of Coaching for Servant Leadership

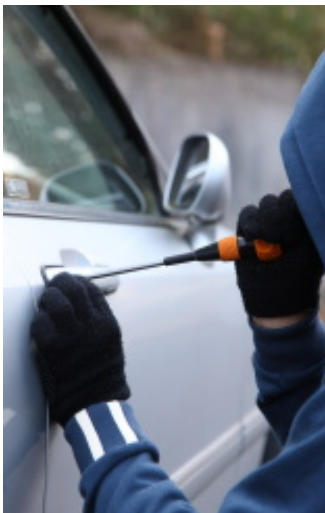
RECOGNIZING YOUR INTUITION

Think back over your past and consider your present life. Look through the questions below and see if any of these have happened to you. Make some notes about any memories you have or incidents you have noted to bring to class. We will have a time as a part of the learning where you will share from your experiences.

1. Has there ever been a time when someone needed you and you picked up the phone and called them before they contacted you? They might have said something like, "I am so glad you called...I have needed to talk to you about..."
2. Has there ever been a time when you did something proactively without any reason, and then you were prepared for something that you couldn't have known about?
3. Has there ever been a time when you did some research or came across some information that was exactly what you needed at the exact time you needed it?
4. Has there ever been a time when you met someone at a party, on an airplane, in a meeting, etc. . . . a chance meeting . . . and you needed the information or expertise that this person had?
5. Has there ever been a time when something bad happened to you, but the experience helped you develop compassion that you needed later for someone else?
6. Has there ever been a time when you got a breakthrough idea in the shower, walking/running in nature, etc. . . . but you were not consciously trying to think of an answer?
7. Has there ever been a time when you have seen a movie or other entertainment and it gave you an answer or idea you had been searching for?
8. Has there ever been a time when you had a premonition? Have you ever had strong feelings about something . . . when/what was going to happen, and it happened?
9. Has there ever been a time when you have felt lucky or highly optimistic and then something good did happen?
10. Has there ever been a time when a dream gave you direction or helped you solve a problem?

Kinds of Intuition

1. Ordinary Intuition – a feeling, gut instinct
2. Expert Intuition – snap judgment when your brain recognizes something familiar from years of experience
3. Strategic Intuition – clear thought, something you have been incubating, and the answer becomes clear



BRAIN
Games

Notes on Car Thief

Swimming Pool Challenge

Using only the 9 items below create a plan for crossing the pool without using your arms to swim or touching the bottom





How does our INTUITION communicate with us?

1. Kinesthetic - Physical

- Tingling
- Warm or cold
- Stomach

2. Emotional - experiencing a feeling

- Elation
- Anticipation
- Sadness

3. Mental

- Problem solving
- Science
- Holistic revelations

4. Spiritual

- Mystical knowledge
- Enlightenment
- Sense of knowing

5. Environmental - signals from outside, external forces

- Computer breaks down
- Weather

Frequent Responses of Business Leaders Access Their **HOW** **INTUITION**

How many of these do you do?

- _____ 1. Walking around the office
- _____ 2. Playing with analogies
- _____ 3. Visually keeping problems in sight
- _____ 4. Relaxing and letting mind wander
- _____ 5. Imaging/Visualization
- _____ 6. Going to lunch
- _____ 7. Talking with a colleague
- _____ 8. Meditation/Biofeedback
- _____ 9. Sleeping/Utilizing dreams
- _____ 10. Being receptive to whatever comes

Source: *The Intuitive Manager*. Roy Rowan, as written in *Eureka! Understanding and Using the Power of Your Intuition*,

PARTNERS: What Works for You?

SERVANT LEADERSHIP & INTUITION

“First, I did not get the notion of the servant as leader from conscious logic. Rather it came to me as an intuitive insight as I contemplated Leo. And I do not see what is relevant from my own searching and experience in terms of a logical progression from premise to conclusion. Rather I see it as fragments of data to be fed into my internal computer from which intuitive insights come. **Serving and leading are still mostly intuition-based concepts in my thinking.**”

—Robert Greenleaf,
The Servant as Leader

“People with high levels of personal mastery...cannot afford to choose between reason and intuition, or head and heart, any more than they would choose to walk on one leg or see with one eye. [...] Is it not possible that, following the same design principle, reason and intuition are designed to work in harmony for us to achieve our potential intelligence?”

—Peter Senge,
The Fifth Discipline

“One of the key points to remember is that *intuition adds to good judgment; it does not replace it.*”

—James Autrey,
Executive EQ: Emotional Intelligence in Executives and Organizations

DIALOGUE

Skills to remember...

1. Share airtime. Notice who has not spoken. Invite all into the convention.
2. Ask questions to go deeper and stimulate more thought on the topic.
3. Balance talking with listening.

Dialogue Questions

- When working with people, how much does intuition influence your servant leadership?
- Do you find that you have to provide “cover” for intuitive decisions or is it accepted in your organization? How do you manage the perception of intuitive decisions in your role?



1. Positive self-image
2. Ability to set goals and reach decisions independently
3. Ability to generate new ideas without external data
4. Willingness to take risks
5. Ability to maintain a steady focus on solution

So What?

APPLICATIONS

1. Practice activities that grow intuition:
 - Take time for solitude
 - Observe everything
 - Pay attention to dreams
 - Be creative
 - Listen to your body
 - Find downtime
 - Practice mindfulness
 - Connect deeply with others
 - Listen to inner voices
2. Honor and pay attention to intuitive signals, but be aware of personal bias.
3. Track the success of paying attention to your intuition.

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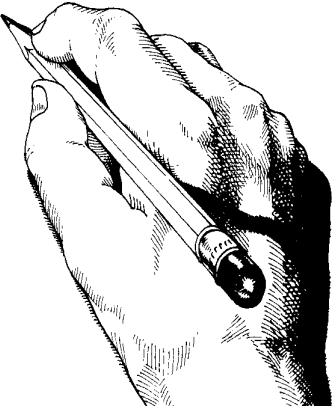
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My Action Plan

During the day, stay alert for ideas you choose to put into action, practice, test, examine, or learn from.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



Your Action Plan is one of the most important tools for growing as a servant-leader. Throughout the day, listen for those specific skills that you can work on to improve your servant leadership, then make reminder notes. As you begin to “test drive” on this journey of servant leadership, we urge you to reflect on your plan regularly. Give a copy to a trusted coach of your choice asking that person to help you celebrate progress and be accountable. Even the longest journeys are made step-by-step.

Name _____ Date _____

AGENDA Intuition: Increasing Your Servant Leadership BANDWIDTH

Dallas SLLC

11 March 2016

Time	Topic	Activity
8:00	Opening	<ul style="list-style-type: none"> Welcome from Parkland Check-In Duane: Where We Are Going
8:35	Preparing for INTUITION	<ul style="list-style-type: none"> Goals INTUITION Warm-Up Brain Game 1 – What is INTUITION?
9:25	BREAK	
9:40	About INTUITION	<ul style="list-style-type: none"> Sharing Personal Intuition Stories Brain Game 2 – Detective Example Brain Game 3 – Swimming Pool Challenge How Do You Access INTUITION?
10:45	BREAK	
11:00	Dialogue	<ul style="list-style-type: none"> Servant Leadership and Intuition Table Discussion Large Group Discussion
11:20	Wrap-Up & Evaluation	
11:30	TOUR OF NEW PARKLAND HOSPITAL	



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BRAIN teasers

1 Johnny's mother had three children. The first child was named April. The second child was named May. What was the third child's name?

2 You are the bus driver. At your first stop, you pick up 29 people. On your second stop, 18 of those 29 people get off, and at the same time 10 new passengers arrive. At your next stop, 3 of those 10 passengers get off, and 13 new passengers come on. On your fourth stop 4 of the remaining 10 passengers get off, 6 of those new 13 passengers get off as well, then 17 new passengers get on. It is possible to calculate the weight of the bus driver. What would the weight of the bus driver be?

3 In British Columbia you cannot take a picture of a man with a wooden leg. Why not?

4 If you were running a race and you passed the person in 2nd place, what place would you be in now?

5 The clever butler needed some extra cash, so he tells his master: "*I know almost every song that has ever been written.*" The master laughs at this, but the butler says, "*I am willing to bet you a month's pay that I can sing a song that you have heard of with the lady's name of your choice in it.*" "*Deal*", says the master. "*How about my mother's name, Felicity Jane Ashley?*" And so the butler sang and earned himself an extra months pay. What song did he sing?

6 In a lake, there is a patch of lily pads. Every day, the patch doubles in size. If it takes 48 days for the patch to cover the entire lake, how long would it take for the patch to cover half the lake