



Sparks of Inspiration

Hi Reader

Have you ever been called a rebel? How did you react? In this day and age, it might be seen as something to be proud of. In the old days, if you were found out to be a rebel, you might get shot. The definition of a rebel is a person who refuses allegiance to, resists, or rises in arms against the government or ruler of his or her country. This definition fits with our historic definition of a rebel, but what about the modern-day rebel?

Today to be a rebel is to stand for or against something with strong conviction. I like to think we can all be rebels for our own causes. What we stand for or against can inspire us to leap into action. As the quote often attributed to Alexander Hamilton states, "If you stand for nothing, what will you fall for?"

What do I rebel for? I rebel for deeper human connection, for people being heard, seen, and felt in the workplace, and I rebel against any system where people are muted, ignored, or disregarded. What do you rebel for?

Stay safe and healthy!

The Virtual Campfire

If you haven't checked out my new podcast, be sure to find some time to give it a listen. One of my recent favorites is my interview with [Dolores Hirschmann](#). "[The Emotional Rollercoaster of Leadership & Entrepreneurship](#)."

Dolores shares the defining, pivotal moments in her life and career that have helped her evolve into who she is today. She explains how clarity and action, together, create impact and why it's crucial to replace your fear with curiosity. Dolores shares the challenges she experienced with building her personal brand, overcoming self-doubt, and building her self-confidence. She also shares how perfectionism and self-judgment have impacted her career and the importance of pushing past the fear to achieve your goals.



"The willingness to get in the ring; the willingness to experience the full range of emotions - that is where the gifts are hidden." - Dolores Hirschmann

Time to Engage in Some Trivial Pursuits

The summer has been zooming-by (pun intended, I have been living on Zoom lately, you with me?). This has me thinking about how often I have truly stepped back from my work to recharge my batteries so I can be fully present in life. To be honest, it has not been as much as it should be.

The summertime is usually when the world slows down, and we can take some time to connect with what is really important, but it seems like that has been getting harder to do now that most of us don't have a clear separation from our work and personal life. With all of the disruption and uncertainty we have been through, we especially need time to take our minds off things so that we can clear out the built-up tension in our minds, hearts, and bodies.

I know that you know how important it is to take a break, but what you might not know is that how you use your downtime can make a big difference! When you are taking time off, try to engage in a new activity, something completely unrelated to your work or daily routines. A trivial or novel pursuit can ignite new creative thinking. According to neuroscience, every human brain can learn and is infinitely creative; New neural pathways are unlimited. The key is to break out of your patterns by exposing yourself to new ideas and experiences so you can create cognitive flexibility (This is called the Insight-Innovation Loop).

So what are some new experiences you would like to try during your next day off? I would love to hear from you.

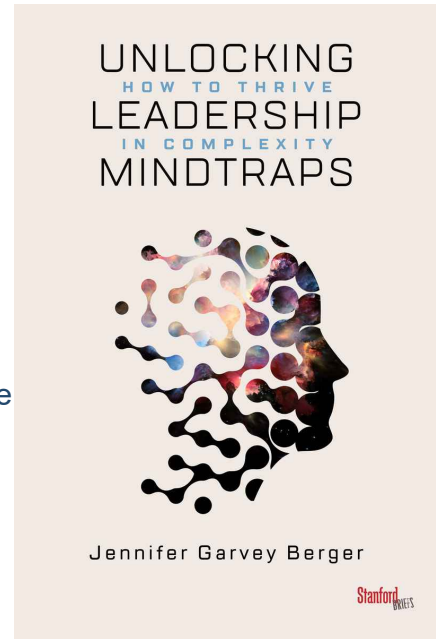
Book Recommendation

Unlocking Leadership Mindtraps: How to Thrive in Complexity – Jennifer Garvey Berger

Jennifer Garvey Berger often hears the common plea from leaders "I know that complexity and uncertainty are testing my instincts, but I don't know which to trust. Is there some way to know what to do when I can't know what's next?" *Unlocking Leadership Mindtraps* is the answer to this question. For thousands of years, instincts, honed by evolution, helped humans survive. Today, those instincts threaten your success at work and in life. These evolutionary "mindtraps" impair your decision making and effectiveness:

- Don't get trapped by simple stories.
- Just because it feels right doesn't mean it is right.
- Don't agree just to be agreeable.
- Trying to take charge strips you of influence.
- Beware of your ego; it can freeze you in place and prevent your growth.

Our preference for simple stories, for example, creates the belief that each story will have a beginning, middle, and end. The neatness of that narrative creates a connection of cause and effect. In reality, we end-up projecting forward into an unknown future based on past information and rely on selective data to fill in the missing pieces so that the logic and simplicity of the story are maintained.



Stories have maintained connections and legacies for generations, but our conviction for accepting those stories, as they are, can have a dangerous downside. It doesn't allow us to imagine a better alternative that is more applicable to our present situation. The key to avoiding this mindtrap is to question every element of the narrative, from the basic premise to the highly-selective data we are presented. We need to break out of our story patterns!

Check out the Book Here

Quotes and Questions

Every month, I like to leave you with some quotes I'm pondering and questions that will keep you thinking:

"You may shoot me with your words, you may cut me with your eyes, you may kill me with your hatefulness, but still, like air, I'll rise" - Maya Angelou

"Perseverance is not a long race; it is many short races one after another." - Walter Elliott

Questions to Journal About:

- What are you not saying that needs to be said?
 - What are you saying that is not being heard?
 - What is being said that you are not hearing?
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Ways to Work with Me

You want to make a more meaningful impact. You want to feel more fulfilled, personally, and professionally.

In our work together and following the Inspired Purpose proprietary process, leaders like you can connect with your true purpose and make a positive impact on yourself and the world around you. I see you, I connect with you, and through honest conversations, I can help you increase your impact and find more fulfillment. Here are the different programs to fit your needs:

Transformational Life and Leadership Coaching (1:1)

- You know there is more to life than what you are currently experiencing. You know you could be playing a bigger game! If you are longing for a life that's more inspired, courageous, and fulfilling, then [email me](#) so we can explore what is possible through a complimentary [Inspiration Session](#).

Inspired Action Acceleration Program

- Are you looking to accomplish an ambitious game-changing initiative? Join me and a group of like-minded leaders to experience a transformation in your professional and personal life while forming strong connections. This is for you if you are ready to blaze a new trail, climb a new mountain, and you want a quantum shift in your thinking and mindset. [Email me](#) if this sparks your interest.

Team Coaching & Inspired Strategy Session

- You are a progressive leader who wants to do the deep work of defining and developing an inspired organization and the leadership culture required to make it happen. You are committed to developing courageous and inspired leaders, at all levels. If this is what you are looking for, then [email me](#) and let's schedule an Inspired Strategy Session to map out a vision for your inspired workplace.

Speaking at Events

- Need an inspiring speaker for your conference or corporate event?
- My signature talk is "The Inspired Workplace": The inspired workplace is characterized by inspired leaders who connect with people at all levels, a bold mission, optimized talent, and high performing teams who can navigate through challenges.

[Email me](#), and let's talk about how the lessons of Inspired Leadership can transform your audience.



Navigating leaders through change. Inspiration through honest conversation.

I'd love to hear from you!

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