

Traditional Leadership

VS

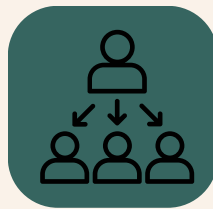
Embodied Leadership

Decision making: Pure logic and data analysis



Decision making: Integrates mind, body, gut wisdom, and emotional intelligence

Authority: Hierarchical power and control



Authority: Presence-based influence and authentic connection

Emotions: Suppress feelings, stay "professional"



Emotions: Feel fully, regulate consciously, used as information/data

Identity: Role-based performance ("I am the boss")



Identity: Authentic self-expression ("I am human, and I happen to lead")

Change Management: Control outcomes, manage/suppress resistance



Change Management: Flow with uncertainty, embrace collective wisdom

Success Metrics: Individual achievement and bottom line



Success Metrics: Collective thriving and sustainable impact

Communication: Polished presentations and corporate speak



Communication: Real talk, vulnerable truth-telling, somatic listening, plain language

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Embodied Leadership

Conflict: Avoid or win arguments



Conflict: Navigate with curiosity and use energy for growth

Stress Response: Push through, ignore body signals



Stress Response: Regulate nervous system, honor body wisdom

Team Dynamics: Manage performance and productivity



Team Dynamics: Create psychological safety and co-regulation

Mistakes: Hide failures, maintain perfect image



Mistakes: Own your f*ck-ups, model learning and growth

Boundaries: Work-life "balance" (usually just burnout)



Boundaries: Radical self-care as leadership responsibility

The difference? Traditional leadership is about performing the role of a leader.

Embodied leadership is about becoming the kind of human other humans actually want to follow.