

TRILOGY

LEADERSHIP RESILIENCE

FEBRUARY LARGE GROUP SESSION NOTES

With Jonathan Ellerby PhD

TWO AS ONE

YIN

- Receptive
- Processes
- Gestation & Planning
- Dark
- Inward/Introversion
- Rest
- Renewal
- Collaborate
- Safety
- Being
- Caring & compassion

YANG

- Outgoing
- Goal
- Action & Execution
- Bright
- Outward/Extroversion
- Active/Energy output
- Combat
- Compete
- Truth
- Doing
- Ambition and progress

BALANCE IS THE KEY: PEAK PERFORMANCE &
LASTING SUCCESS



how do you experience
imbalance?

PRACTICE

Think of an example.

What is the gain? What is the origin?

What is the cost? What is the remedy?

COMMUNICATION

- TRUTH
 - Yang
(without safety is **pain**)
- SAFETY
 - Yin
(without truth is **denial**)

1. Get clear: intention & energy
2. Acknowledge & affirm (S)
3. Share the facts (T)
4. Ask accountable questions (T)
5. Offer support (S)