

Embracing Conflict with Awareness Intelligence

LFC Summit 2025| Day 1

If you're curious to learn more or want to explore how this work could support your team, we'd love to hear from you.

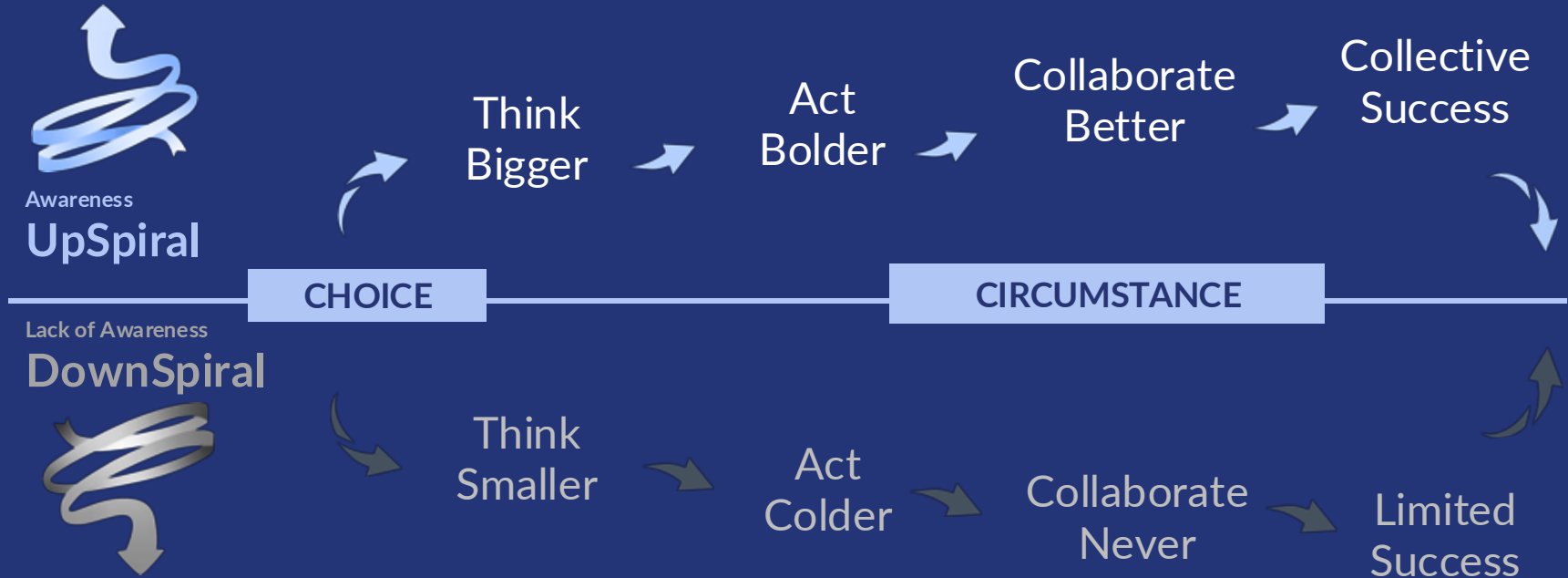
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Awareness Intelligence

An **introspective practice** where you closely examine and reframe your thoughts so you can respond in ways that serve you, others and the greater good.



UpSpiral Leader Mindset



Common Conflict DownSpiral Mind Traps



Perfectionism

"It's not good enough"



Self-Doubt

"What's the point in speaking up? It's not going to change anything anyway."



Hidden Assumptions

"You already know why I'm frustrated, I shouldn't have to explain it."



Control

"If they'd just do it my way, we wouldn't even be having this problem."



Zero-Sum

"If I concede on this, it'll count as a win for them—and I can't let that happen."



Pleasing

"I'll just agree, even if I don't mean it, so they don't get upset."



Me-Centered

"Why are they doing this to me? This must be personal."





What Happens When We Make A Different Choice?

"Growth lies in the journey. Valuing the process enhances personal development."

Embrace Imperfection
Perfectionism

"I trust my ability to make thoughtful decisions and adapt."

Focus on Growth
Self-Doubt

"I stay open-minded and don't assume or judge, I can create better outcomes through curiosity."

Explore Assumptions
Hidden Assumptions

"Letting go allows space for creativity and unexpected solutions."

Let Go
Control

"Success is abundant; celebrating others' victories uplifts us all."

Believe in Abundance
Zero-Sum

"It's okay to prioritize my needs; self-care is not selfish."

Brave Authenticity
Pleasing

"I want to understand more about the lens that others look through so we can all move forward together."

We Centered
Me-Centered



Mindset Reset Tool For Thinking Bigger - Building Our Muscles

Step 1: Pause

How Can I Refrain From Reacting?

In The Moment:

- Breathe
- Move
- Count

Build Your Muscle:

- Breathing / Meditation Exercises / Self-Compassion
- Physical Wellness
- Withhold Judgment / Assumption / Comparison

Step 2: Become Aware

Am I Thinking Smaller?

In The Moment:

- Observe Your Thoughts
- Name Your Emotion / Mind Trap
- Challenge Your Thoughts / Emotions / Mind Traps

Build Your Muscle:

- Journal / Write It Down
- Ask for Feedback (from other/self)
- Consider your Intention
- Uncover your Mindtrap

Step 3: Choose to Reframe

How Can I Think Bigger?

In The Moment:

- Use Gratitude & Forgiveness to Find the Opportunity
- Use Curiosity to Consider Alternative Possibilities
- Use Your Anchor Phrase / Positive Affirmation

Build Your Muscle:

- Activate Your Intention Consistently
- Practice Curiosity, Courage & Empathy
- Journal Gratitude & Forgiveness
- Reset Your Mindtrap



UpSpiral Note

What if we could **think bigger, act bolder** and embrace conflict to collaborate better for collective success -

That is Our **Opportunity!**

