



## Unique Development for Today's Workplace

### How To Produce The Big Shift For A Culture Where Everyone Wins...



Leaders need an organization that will attract and maintain great talent. They need to create a thriving company culture of engaged employees. They need to address productivity in today's multigenerational workforce. All while providing opportunities for purpose and fulfillment at every level, so employees want to work for their organization. There is one cultural shift that will go along way to get leaders all of these and more...

### That One Shift is Mindfulness!

#### Why Mindfulness?

Aetna discovered employees who took at least one mindfulness class had a...

- 28% reduction in stress
- 20% improvement in sleep quality
- 19% reduction in pain
- 62 minutes more productivity per week = \$3000 per employee per year
- Healthcare costs dropped \$2000 per employee per year

In addition to what Aetna discovered here's what a mindful culture will do for you...

- Better communication because people are present
- Less mistakes
- Employees have healthier relationships with one another
- Increased emotional intelligence
- More effective decision making

Mindfulness is a topic that will be covered in each of John's podcast topics and listeners will understand why other leading organizations like Intel and Google have implemented mindfulness programs.

#### Podcast Topics:

- The Instant Mindfulness Method™  
How to Have Less Stress in The Workplace!
- 4 Keys to Unleash Emotional Intelligence  
Any Leader Can Use Now!
- 3 Work Relationship Secrets To Increase  
Well Being in Your Organization
- The Leadership Revolution: The Journey  
of Fearless Servant Leadership

*"John is an engaging and energetic speaker as a teacher of The Ancient Wisdom Success Secrets! These secrets have empowered and inspired me over the last several years and lead to building pillars of personal growth—in my business, relationships and health."— Ian Murphy President Marula Oil*

*"John has a real gift for using humor, rapport and his powerful energy to help people laugh at themselves as they learn and reach for their potential. He has a dynamic and animated presentation style! I use the techniques I learned from John everyday in meetings, team management and in changing the energy of stress to one of focused clarity."— Renee Cantor Engagement Executive*

## **John English Bio:**

Using his high-powered, humorous and heart-centered approach, John English has been helping people live empowered lives on purpose for 15 years. John is an award-winning author, coach and successful entrepreneur who has founded 4 companies since 1990.

John has spoken and taught internationally on topics including leadership, business, alternative healing, the ancient wisdom of shamanism, and the Toltec teachings.

Having founded businesses in manufacturing, education, publishing and coaching John has a unique combination of business experience and an ability to relate with the challenges people face in a variety of work environments.

**Website:** [www.ancientwisdomformodernbusiness.com](http://www.ancientwisdomformodernbusiness.com)

**LinkedIn:** <https://www.linkedin.com/in/ancientwisdom4modernbusiness/>

## **Videos:**

The cost of stress in the workplace: <https://vimeo.com/290038653>

John teaching on psychological safety: <https://youtu.be/x-7G78RI1fc>

Presentation on mindful communication and emotional intelligence:

<https://jecoachinghold.s3-us-west-2.amazonaws.com/Mindful+Communication+for+Emotional+Intelligence+Intro-+PIHRA+6%3A20%3A19.mp4>

## **Here's How To Book John**

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**Sample questions for each interview topic are on the following pages.**

## Topic: The Instant Mindfulness Method™ How to Have Less Stress in The Workplace!

1. John can you give our listeners an overview of your leadership journey as an entrepreneur?
2. Why do you believe mindfulness should be such a focus in today's workplace and why is it so impactful for stress reduction. (I will bring in definition of mindfulness at this point)

Mindfulness: *1. the quality or state of being conscious or aware of something.*

*2. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.*

3. The statistics and return on investment from Aetna implementing a mindfulness program really speaks for itself (*see page 1 of this document*) but can you share some more about how you see less stress in the workplace benefiting an organization?
4. You also discuss how mindfulness leads to better critical thinking and decision making please tell us a little about how that works?
5. You indicated that mindfulness is key for developing emotional intelligence, handling conflict and in change management. Why is that and why is it such a key? (*I will bring in definition of emotional intelligence at this point*)

Emotional Intelligence: *the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.*

6. Tell us how your Instant Mindfulness Method works and how you created it for the busy leader and really the busy workforce of today.
7. How can our listeners get in touch with you and get the Instant Mindfulness Method?

## Topic: 4 Keys to Unleash Emotional Intelligence Any Leader Can Use Now!

The 4 Keys are the 4 agreements by the author Don Miguel Ruiz.

They're presented here in the order in which I present them for developing emotional intelligence for individuals and teams.

- Don't take anything personally
  - Don't make assumptions
  - Always do your best
  - Be impeccable with your word
1. The name of your company Ancient Wisdom for Modern Business is intriguing. How did you come up with it and what does it mean?
  2. Please give our listeners an overview of your leadership journey as an entrepreneur?
  3. Let's get into the four keys for emotional intelligence. What are they and where did they come from?
  4. Alright let's discuss the two that are an inside job beginning with not taking anything personally and how does it relate to practicing emotional intelligence?
  5. Next on the list is don't make any assumptions. Not hard to see how this can be a big problem for leaders. Give me your take on it.
  6. This next key of "Always do your best" has a special implication in how we handle self assessment and maintain a positive mindset as well as handle leading others into fulfilling their potential and avoiding frustration. Tell us how that works.
  7. It's not difficult to see how being impeccable with our word could eliminate the workplace toxicity of gossip. At the same time you use it in providing corrective feedback and confrontation resolution and growth mindsets. Please tell our listeners how you do that.
  8. I know you have a lot of resources where our listeners can learn more about servant leadership and your approach please tell us where our listeners can go to get that information.

## Topic: 3 Work Relationship Secrets To Increase Well Being in Your Organization

The 3 work relationship secrets are how to use my 3 needs in work relationships. These are 3 things people desire to know and feel in the area of fulfilling their purpose at work.

- Each person needs to feel that they're growing as human beings.
  - Each person needs to feel that what they do and who they are matters. And, that it matters to you!
  - Each person needs to feel that they're a part of something that's important.
1. John it's an interesting and unique story how you came up with these 3 needs for work relationships please share that story with our listeners. *(These came from working in hospice care and they were things people wanted to know were true about their lives as they got ready to die.)*
  2. Tell us what the 3 needs are and then we can drill down on how to use them at work and specifically in the area of leadership. *(In the answer to this question I will also explain a little on each need and why it works)*
  3. I know you use these needs in leadership, in developing people and you also infuse them into a company's culture. Please run through each of those and tell us how you do so.
  4. You have particularly found these to be very effective with people in their 20's and 30's why do you believe they've been so effective with these age groups?
  5. I know you're a big believer in framing what you need the people you lead to accomplish. You refer to this as working within someones view of the world. Please tell us what you mean by view of the world and how you use it. *(A: Even though it's someone's job to carry out the leader's strategy...better results, more innovation, increased resiliency, and engagement happens when they take ownership.)*
  6. How do you use these 3 needs in work relationships in framing as a leader? *(Need 1 is the power and inspiration that drives development. Need 2 is about camaraderie and belonging to the tribe. Need 3 is about being a part of the company mission and vision.)*
  7. I know you have a lot of resources where our listeners can learn more about servant leadership and your approach please tell us where our listeners can go to get that information.

## Topic: The Leadership Revolution: The Journey of Fearless Servant Leadership

The journey of fearless servant leadership is about the continuous improvement of a leader through personal transformation and then applying their personal transformation in every area of leadership. This is a commitment to a life of personal development because the leader you are today is not the person who needs to lead 5 months, 5 years or 20 years from now.

In this podcast we explore 3 tenets of becoming a fearless servant leader:

- Mindfulness
  - Operating with the power of heart
  - How to be a charismatic leader people are inspired to follow
1. The name of your company Ancient Wisdom for Modern Business is intriguing. How did you come up with it and what does it mean?
  2. Please give our listeners an overview of your leadership journey as an entrepreneur and how you moved into servant leadership?
  3. Why do you feel it's important to be fearless and what do you mean when you say, "Fearless Servant Leadership?" *(It takes courage to continually look at yourself and embrace personal growth. It takes knowing yourself, the 360 feedback of mindfulness to remove your identity from the fear and selfishness of ego and make it about the people you lead.)*
  4. What is the process of transformation you take the leaders you coach through to embrace a life of continual transformation? *(1. Mindfulness to reduce stress and operate from the executive brain. 2. Mindfulness to remove selfishness and the voice of ego. 3. Remove identity from your personal history and place it with the power of your presence)*
  5. What do you mean by operating with heart and how does it come into play in being a charismatic leader that people are inspired to follow?
  6. Any other tips for our listeners about becoming charismatic leader people desire to follow?
  7. I know you have a lot of resources where are listeners can learn more about servant leadership and your approach please tell us where our listeners can go to get that information.