

# “Next-Level” Leadership Traits: Activate Influence, Accelerate Success

Jennifer Watson, MPT, I.M.T.,C.  
Breakthrough Speaker  
High-Performance Coach  
Healer



@thejenniferwatson



@jennifer.watson.75491



@jennifer-watson-6b08912



# My Journey...



**“All you need is ignorance & confidence and success is sure.”  
Mark Twain**

# Have you felt it...

- Never enough ahead, never doing enough, never being enough, never impacting enough
- Trying to stay at least 3 steps ahead of your team because you want them to be confident in you
- Saying everything is “okay” but behind closed doors it’s not
- Feeling exhausted & overwhelmed and trying really hard not to show it
- Wondering if you are leading well at all...feeling like a fraud



Motivational Speaking and Coaching



I want you to imagine...



# Next-Level Leadership to ... #runyourrace

## Resolve the Emotion



## Intuitively Decide



## Articulate Intelligently



# Resolve the Emotion

Name the Emotion, Feel the Emotion



# Why care about Regulating Emotions?

- Recent Survey showed the average person spends **8 hours** in “suffering”
- **LinkedIn** correlated **Mental Agility** the skill of 2021 & ultimate key factor to success
- **Forbes** correlated **Mental Agility** to higher & sustainable success in last 2 years.
- **Harvard** study showed those with **Mental Agility/Manage Emotions** are less likely to experience anxiety and depression





# Ex: Fear...

## Can show up as

Inability to sleep

Heart palpitations

Lack of connection to others

Feeling not yourself

Digestive issues

Mood swings

Inability to focus or make decisions

Decrease ability to communicate

No boundaries

Muscle weakness, joint pain, decrease coordination

Exhaustion no matter how much you sleep

Changes in menstruation

Inability to lead self or others

Highly critical of others

Addictive behaviors

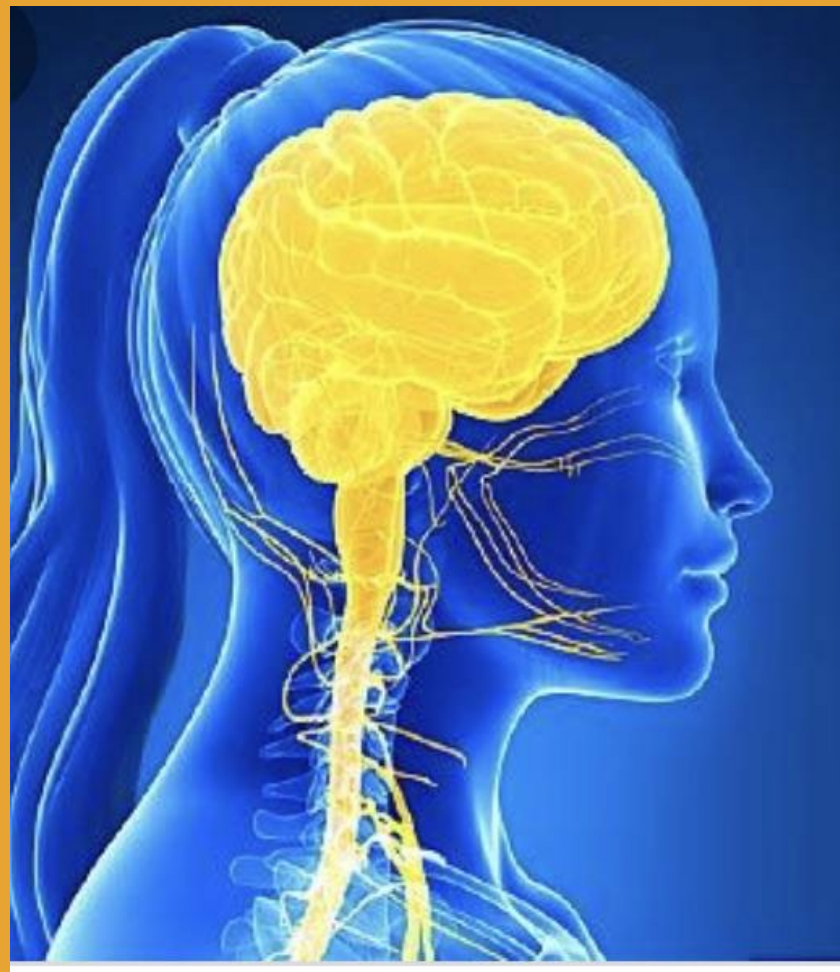
And more...





# Resolve the emotion by...

Regulate your Body, Your Nervous System



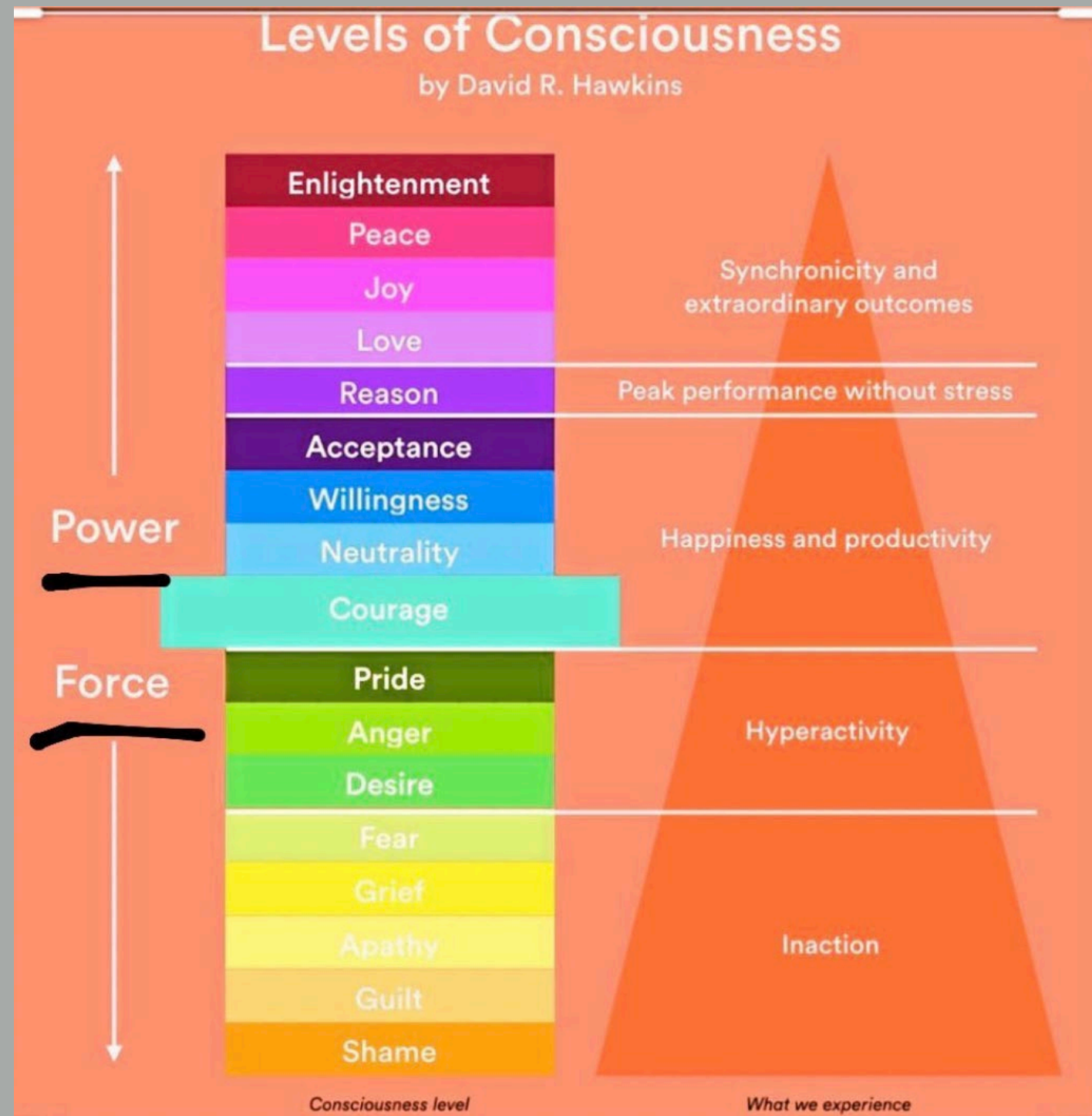
# How do you regulate?

## 2-step tool

- EFT Technique
- Corpus Callosum Integration



# This changes your Frequency, your Energy



er his emotions, express his frequency and influence those to do the same will  
J Watts



Motivational Speaking and Coaching



# Intuitively Decide

Core Values + Vision—> Describe



# Why is utilizing Intuition Important?

Consistent implantation of intuition **increased productivity by 500%** by improving higher processing tasks and cognitive function  
([medium.com](https://medium.com))

**45% of executive leaders** now rely more on instinct than on facts and figures for running their business  
(**Harvard Business Review**)



Motivational Speaking and Coaching

# How do you amplify Intuition?

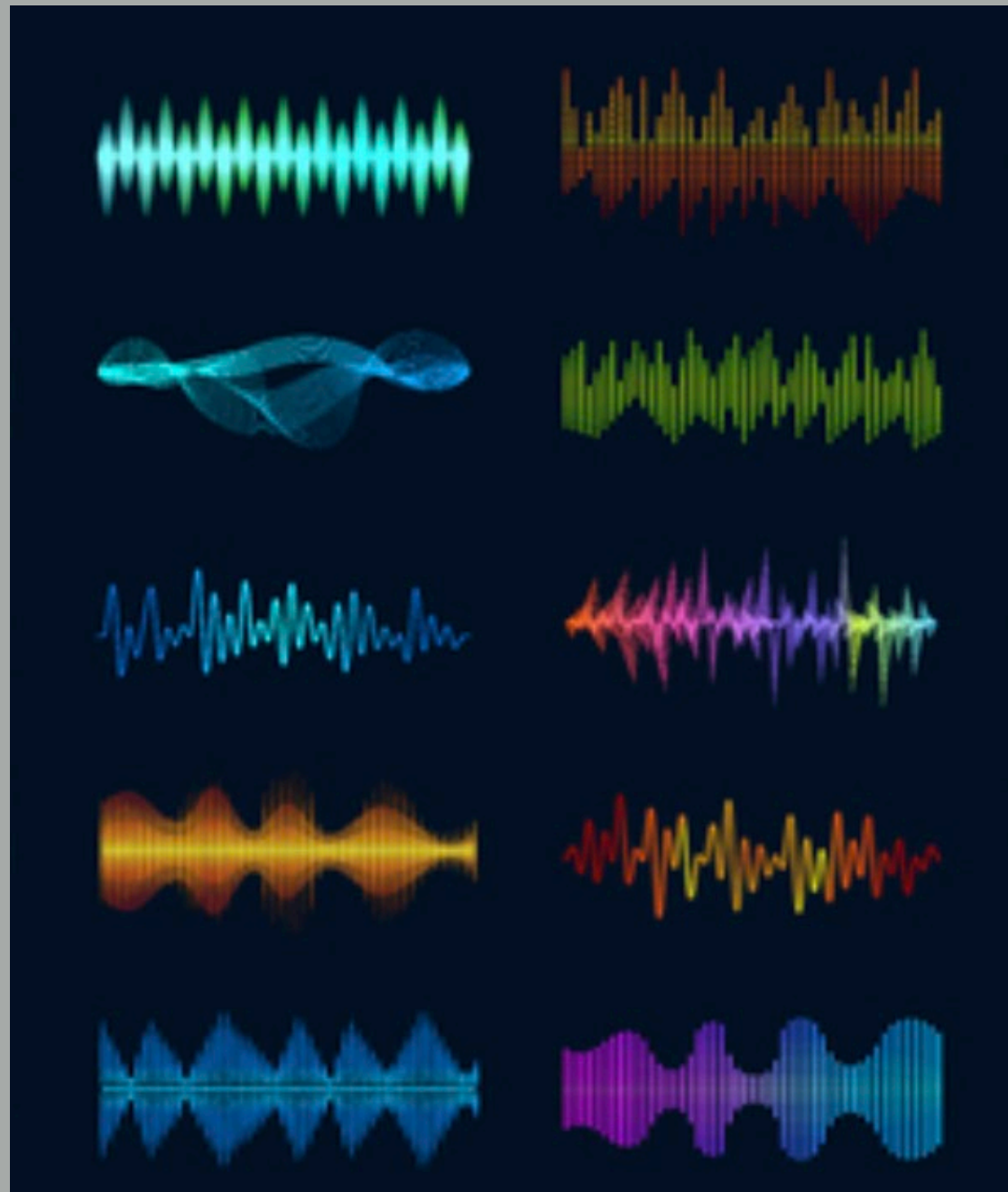
## 2-step tool

- Intuition “+1” sense
- Immediately Decide



Motivational Speaking and Coaching

This changes your Frequency, your Energy





“The Intuitive Mind is a sacred gift and the rational  
mind is a faithful servant”  
-Albert Einstein-



Motivational Speaking and Coaching

# Articulate Intelligence

More than words, awareness of small things



# Why is intelligent & articulate communication important?

**Reduces** burnout, improves productivity  
(**National Institutes of Health**)

**Enhances** employee engagement & satisfaction, retention  
(**Linkedin**)

**Improves** efficiency, compliance, customer satisfaction  
(**Harvard Review**)



Motivational Speaking and Coaching

Communication is based on:

7% words

38% tone

55% body language



Motivational Speaking and Coaching



# How do you Amplify your Communication?

## **2-tools**

- Activate your voice
- Tell a story



This changes your Frequency & Energy



# “Next-Level” Leadership requires you to...

- Resolve the Emotion
- Intuitively Decide
- Articulate Intelligently

This will accelerate AND sustain your profit, impact &  
ultimate success  
#runyourrace



Motivational Speaking and Coaching

# I have a Free Guide for you!



@thejenniferwatson



@jennifer.watson.75491



@jennifer-watson-6b08912



[www.jenniferwatsonleadership.com](http://www.jenniferwatsonleadership.com)