

Powerful You: Impact as Legacy

*"I am the sum total of everything that went before me,
of all I have been seen done, of everything done-to-me.
I am everyone everything whose being-in-the-world affected was affected by mine.
I am anything that happens after I've gone which would not have hapened if I had not come."*

Salman Rushdie

The most introverted person impacts 10,000 people in their lifetime

Impact Matters in Leadership

Successful Leaders:

- In touch with their emotions and their actions and their effects on others
- Identify all the ways you impact others
- Be proactive in impacting others
- Continued skill building through your listening skills, empathy, and humility

Impact Matters in Love

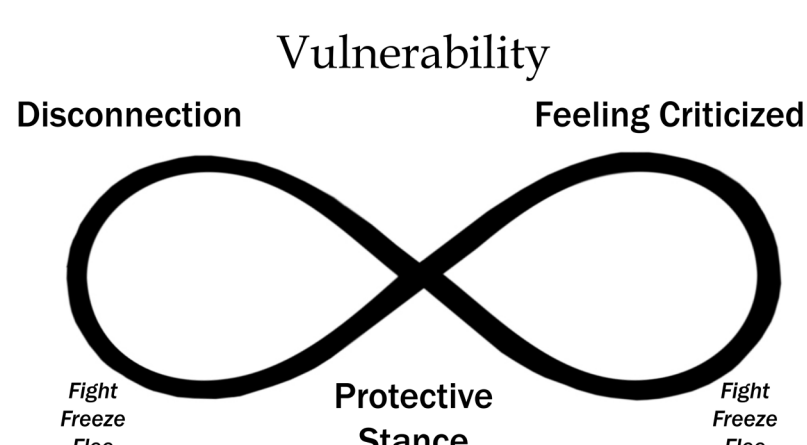
- **Our health:** physical, psychological, spiritual and emotional
- **Unfair fighting:** eye rolling, constant questioning, criticism followed by "I'm just kidding", shaming, patronizing, withholding, not being straight with our responses, complaining
- **Our financial choices**
- **Stinginess:** sexual, financial, emotional, withholding, blaming, lying
- **Generosity:** love hacks, skill building, emotional literacy

Appreciation & Amends

- Pay it forward - appreciation and acknowledgement for the shoulders you stand on
- Apologizing
 - Not about who started it
 - Backed by correction action
 - Not done to make you feel better if others feel worse
 - Realizes sometimes words are not enough
- Amends
- Forgiving and Receiving

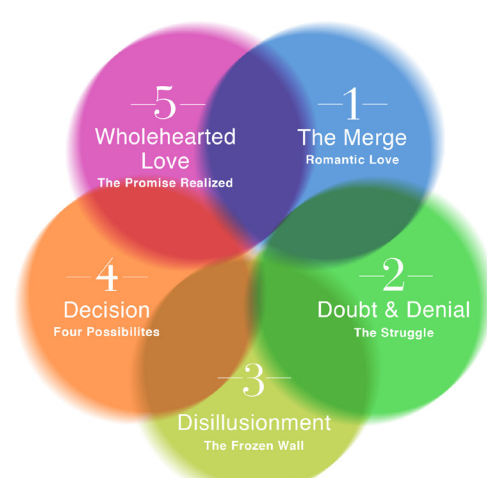
Most Positive Impact is Presence

- Being responsive, engaged interested with connection registering in body, breath and eye contact. Manage own reactivity to make space for partner. Can "cross bridge" to partner's world and understand and validate regardless of own version or experiences of similar issue.
- Doesn't need to agree to empathize
- Willing to learn something new constantly



LOVE CYCLES: the 5 Essential Stages

"Love's journey is like a spiral, in which we can find ourselves back in earlier stages even after a long relationship."



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