

## Women In Leadership Highlights May 22, 2009



**May 22: “Balanced to Lead: East Meets West for Internal Energy and External Power” - featuring Grace Zhao, CEO of MingWellness, Inc.** Born in China and came to US at age 28. She’s a high-achieving wife, mother and career woman who founded her own company in 2007 for the purpose of offering businesses a new perspective on problem solving by combining Eastern sophistication with Western enthusiasm. Her expertise is helping companies improve overall performance by enhancing holistic leadership, managing stress, and promoting healthy lifestyle choices. Grace is a former corporate executive and management consultant with Fortune 100 experience in global leadership positions. She received her MBA from Syracuse University, completed the Executive Healthcare Education program at the Kellogg School of Management, and has conducted research in Traditional Chinese Medicine in graduate and doctoral cross-cultural study programs. [www.mingwellness.com](http://www.mingwellness.com)

### **Key points: “Balance mind, body and heart”**

- Balance is a requisite for effective leadership. There’s a “ying & yang” that makes us better all the way around.
- Personal life and professional life should be “complimentary” – feel more balanced when one is not in direct conflict with the other in terms of values, etc.
- To achieve better balance, first you should strive to “align with your core.” This is like your heart and soul; knowing and aligning with your purpose; your passion; your unique gifts and talents. Be quiet... and listen to your inner voice. When you are aligned with your core, it’s like “all your ancestors are lining up behind you.”
- Think of life as a circle – part work, part rest of your life. Holistic perspective brings them together as it should be.
- Also to achieve better balance and be a more effective leader, we need to “bend our minds.” That means strengthening our mental skills. Often we create problems in our minds. Sometimes we need to have a blank screen/MENTAL SPACE. Get in stillness to really “hear” your inner voice. Unclutter the mind. A secret weapon when feeling overwhelmed is to say to yourself, “I KNOW” because you do. Concept of “doing everything by doing nothing.” This is a journey to be cultivated. Consider “blacking out” a day on your calendar periodically with nothing planned, just to be with yourself. You may also consider meditation and Tai Chi. Help one get in synch with nature.
- A third principle for achieving balance and more effective leadership is to think about the physical body. Further Eastern philosophy re: “conforming to nature, being in harmony with nature.” Sleep is a major part of keeping the physical side of ourselves in good shape. There are different stages of health and with stress, we often move from a calm waters, to rapids, and then over the falls! Two techniques that may help are acupuncture and acupressure – both can help to achieve inner balance.
- Another technique is deep breathing: slow, smooth, soft and deep.

- As female leaders, we must also take advantage of our feminine strengths. We have many.
- The journey to better balance/a more holistic life takes courage and persistence. It's good to have support along the way. Principles and discipline also.
- Profound change: "You are not brave if you're not afraid."
- Leadership: think of it as a bank, where you make deposits of energy and where you also make withdrawals. You need to replenish and recharge to be a better leader.