

# LEADING FROM THE INSIDE OUT

## Leadership Breakfast Roundtable Series

### What does it mean to lead from the inside out?

- Leading from a space of "presence and consciousness" vs. leading from a space of "whirlwind" and being tossed about by the storms of the day

### It means the end of:

- Stress
- Leadership impact that doesn't line up with your intentions
- Feeling out of balance

### It means achieving "flow" brought about by:

- Your leadership style defined by your values and purpose
- Your impact completely aligned with your intentions
- Balancing BEING and DOING, Ego/Relationships/Results

Please be my guest at a series of six local leaders roundtable breakfasts where I will facilitate a discussion that will examine each aspect of "leading from the inside out" and discovering the path to empowered leadership from that core of "presence and consciousness."

### WHERE

Egg & I Restaurant  
2501 W. Beltline Highway  
Madison, WI 53713  
*(next to Bonfyre American Grille)*

### TIME

7-7:30 a.m. - check-in  
7:30-9 a.m. - working/interactive discussion

### RSVP

*Minimum 3 days  
prior to each event*

Suzanne Qualia, 608.354.5392  
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**Qualia-inc.com**

### 2017/2018 DATES

*(4th Thursdays of the month,  
except for November)*

- **October 26**
- **November 30**
- **January 25**
- **February 22**
- **March 22**
- **April 26**

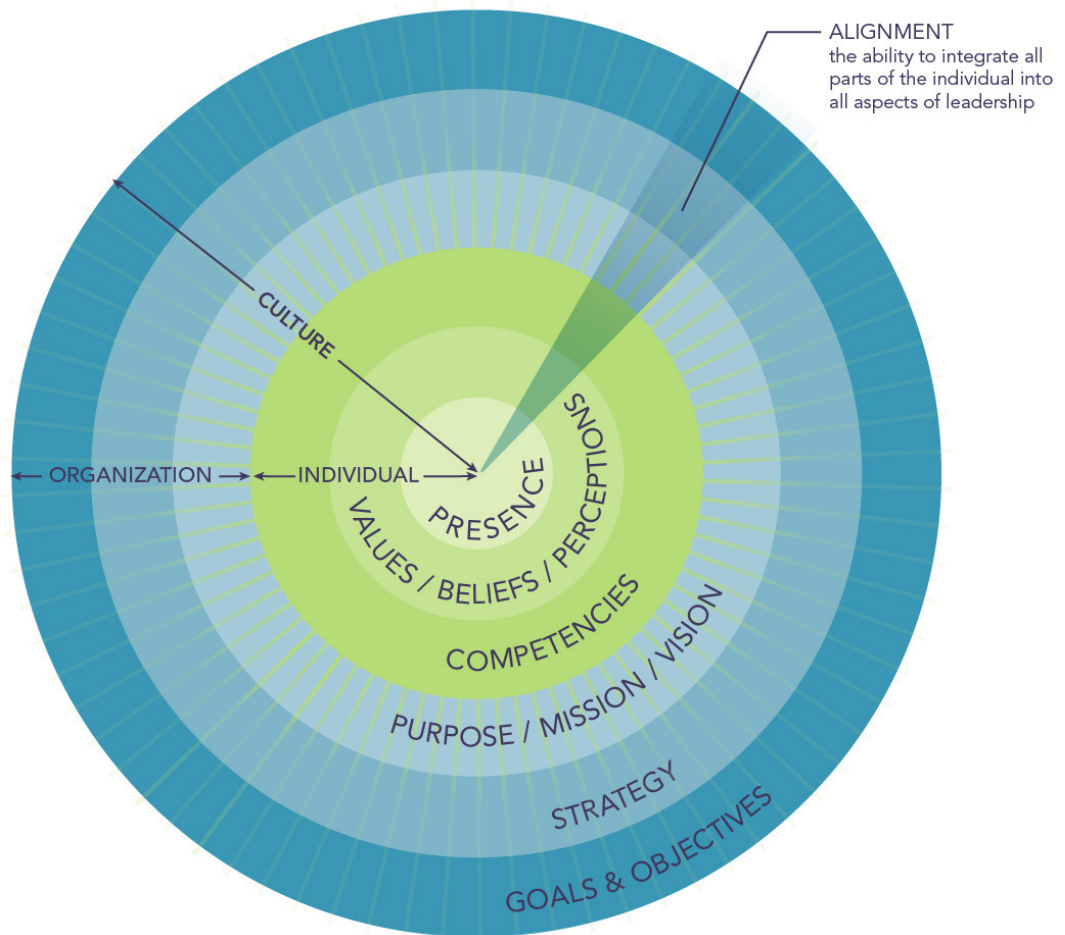
**LIMIT: 30 people each  
roundtable. Register early!**



## What happens when you "lead from the inside out?"

- You achieve health, vitality, balance, and optimal effectiveness
- You are "anchored," grounded, and working from a space of "aliveness" vs. "struggle"
- Your team becomes more engaged and motivated
- Your organization achieves better bottom-line results

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### About Suzanne:

Suzanne Qualia has "walked the talk" for 25 years as a director/executive level leader in large corporations such as Land O'Lakes, JI Case, Fiskars, and Sub-Zero. Because of this, she understands first-hand the daily challenges leaders face. In late 2012, she turned her passion for leadership excellence and empowering others to be their best selves into her own business, Qualia, Inc. She received formal coaching training through CTI (Coaches Training Institute) and CEC (Center for Executive Coaching). Suzanne also became a Certified NeuroChangeSolutions (NCS) Consultant and utilizes the process, models, and tools of Dr. Joe Dispenza to help transform teams from stress into productivity, engagement, and innovation (creation).

