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• Can you share an example of a project or task that you're particularly proud of?

An immensely fulfilling project is with an MSC. Their leadership team felt stuck, inept at creating cohesiveness. Exploratory conversations revealed emotional stress, causing cognitive distortions and fear. Through the *GIFTS* model, leaders identified that their life purpose was not aligned with organizational goals. Sub-cultures driven by leaders conflicted with the organizational vision. The *GIFTS* chart provided an immersive experience. They gained clarity on their current state and how to coalesce their life purpose with professional goals.

- 4. Goal Setting** – Self-awareness through managing, diversity, decision, team building, and conflict resolution.
- In an interview with The Executive Leader, Ann Stokes drew insights about her career journey, inspiration, a fulfilling life, and a sense of purpose, and long-term goals (see personal and professional).
- Can you tell me about yourself and your career journey to date?**
- Growing up in an Armed Forces home (my father served in the Army), I had a foundation for a fair, equitable workplace and society, instilling values of Diversity, equity, inclusivity, and belonging (DIEI). Furthermore, the vast and beautiful diversity across cultures, languages, and multicultural traditions, beliefs, and customs – deeply inspired me to appreciate diversity and embrace the rich blend of ancient wisdom and modern perspectives, my coaching journey continues to evolve seamlessly.
- What inspired you to pursue your current profession?**
- A Psychologist, Trainer, and Certified Yoga Teacher, the infinite potential of human "being" inspires me. Blessed to facilitate client self-discovery, resources to manifest fulfilling and meaningful lives.
- The bedrock of my holistic coaching, **Integrated+™**, transcends client safety, trust, and goals. This involves amalgamating wisdom from yoga, meditation, and psychology, creating "wholeness" within. When the self is preserved, our higher potential manifests in personal and professional lives. This transformational journey is the profound silence within, in my source of inspiration.
- 1. Praxis (Life-Being)** – meditation, mindful breathing enhanced praxis within the body. Blissful moments emanated from praxis, connection, love, compassion and cultivating presence. Leaders experienced calm and thinking.
- 2. Holistic Well-Being** – yoga, mindful nutrition, stimulus, dialogue, serotonin, endorphins and clasp in adrenaline and cortisol levels, releasing stress, boosting holistic well-being.
- 3. Positively Resilient** – Continuing to integrate, leaders perceived situations with optimism and gratitude, setting their organizational goals with care.
- 2. Integrate** holistic way of being.
- 1. Learning Ability** – Focusing on "whole" being, leaders continually evolved from life experiences, applying learning to change, improve, and grow. Resilient leadership. They embraced diverse mindsets unconditionally.
- 3. Forward Progress**
- 1. Well-Being** – physical, mental, emotional and spiritual well-being being nurtured through every moment. Celebrating the journey, they harnessed their strengths to move forward aligned with organic vision.
- 4. Taking Action**
- 1. Emotional Resilient** – skillfully developed unconditional positive regard, compassion, leaders act on cases with ease, focussing on unmet possibilities to successfully find solutions.

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I. Harmonious Relationships: collaboration, empathy, active listening, authentic communication deepened connection with self and others, strengthening interpersonal relationships, enabling DEIB and extending selves seamlessly towards humanity.

G General Life Process	I Individual Life Process Individual Life Process	F Family Life Process Family Life Process	T Team Life Process Team Life Process	S System Life Process System Life Process	Indications
Goal	Individual	Family	Team	System	Maximum Potential of Individual
Self Process	Individual	Family	Team	System	Individual Life Process
Self	Self Process	Family	Team	System	Individual Life Process
Self	Individual	Self Process	Team	System	Maximum Potential of Family
Self	Individual	Family	Self Process	System	Maximum Potential of Team
Self	Individual	Family	Team	Self Process	Maximum Potential of System
Self	Individual	Family	Team	System	Maximum Potential of Life

- My personal space is based on my **Integrated-work™**.
Core values guiding my coaching practice are derived from
years of practice and integration of Yoga philosophy,
Higher self, and Psychology are -

- **Non-Violence towards self & others (Ahimsa):** non-violence in thought, word, and deed. Being in harmony with unconditional acceptance of self and others. Non-violent, compassionate thoughts release dopamine - happy hormone, generating 'well-being' within.
- **Self-realisation (Satya):** honesty with self. Tapping into stillness within creates space and time to process thoughts and emotions. Response to stimulus is authentic, not reactive.
- **Abundance (Asteya):** gratitude, integrity in appreciating what is, creates a sense of abundance. Self-realising the source we seek is already present within us. Refraining from impudent dissipation of resources for self and others.

1. **Samanyasya (self-realization)** - discipline ourselves with preparatory processes - identifying intrinsic motivation for life purpose, setting clear goals, tapping into our potential to manifest them.

4. **Nididhyasana (Deep Contemplation and Assimilation - "who")** - mindfully practicing prolonged continuous contemplation on our purpose, goals for self-realization. Contemplation leads to "oneness" of "whole being" with higher self.

