

Leading with Integrity

pepper*your*talk



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leading
with integrity.

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May 2022 | @pepperyourtalk



3 QUESTIONS.

01 \

***How
are you
doing?***

02 \

***What
brings
you here?***

03 \

***What
do
you
do?***

integrity.

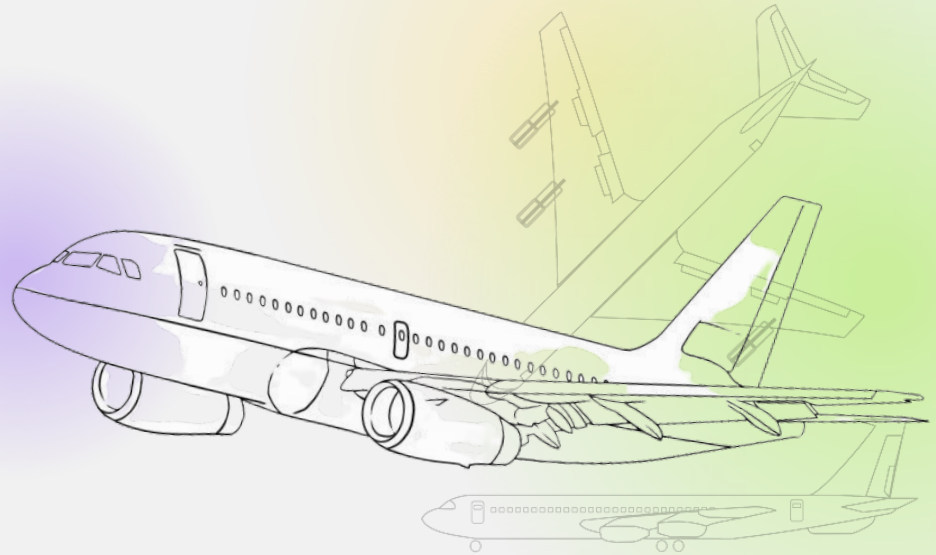
/ɪnˈteɡrɪti/

whole and undivided.

completeness

incorruptible

unimpaired



01.

HOW ARE YOU DOING?



The 'how' in...

how are you doing?

***This is
the way you
deliver your
value***

HOW

- In what way
- By what methods
- To what effect
- To what degree
- In what state or condition
- At what price

How to find your...

core values.

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Authenticity

Achievement

Adventure

Authority

Autonomy

Balance

Boldness

Compassion

Challenge

Community

Contribution

Creativity

Curiosity

Determination

Fairness

Faith

Friendships

Fun

Growth

Happiness

Honesty

Humour

Influence

Inner Harmony

Justice

Kindness

Knowledge

Leadership

Learning

Love

Loyalty

Optimism

Peace

Pleasure

Recognition

Religion

Reputation

Respect

Responsibility

Security

Self-Respect

Service

Spirituality

Stability

Success

Status

Trustworthines

Playful.

Daring.

Joyfully.

Effective.

Energised.

Deliberate.

Playful.

Bored

Daring.

Disconnected

Joyfully.

Effective.

Energised.

Accidental

Deliberate.

Overwhelmed

**Careers are vehicles for
your self-expression**

Add value through your values

**how are you
doing?**

***With the difference you possess
you add what the environment needs***

Yoky Matsuoka
*(Combined fascination of
two fields to become a
neurobotics expert)*

02.

***What brings
you here?***

"I'm here for work"

We're-Often-Rarely-Keen



***Indeed you
are here for
work***

Activity involving
mental or physical
effort done in order
to achieve a
purpose or result.

What brings you here?

*Take
notice.*

How did you get here?

Are you lost?

Did you follow someone else?

What did you have
to do to get here?

Who did you have to be to get here?

What's keeping
you here?

INTEGRITY

...when it's off

Body

Physical reaction

Achievement

Bad moods
Nothing makes you happy.

People

Rely on external validation

Addiction

Sex, alcohol, drugs
Internet, going out,
shopping

...when it's on

Alignment

Exhilarated, Awe,
Alive, Electric

Real happiness

How closely are you
adhering to what you know
to be deeply true and right
for you

Self -esteem

Your own opinion will
become the most
important

Less addictions

You will yearn for...
PEACE, FREEDOM,
JOY AND LOVE

“I feel enormous gratitude for all our confusion and despair.

Those feelings mean that our internal guidance systems were working perfectly, signalling **WRONG WAY.**”

03.

What do you do?

What do you do *when nobody is watching?*

One way to know whether you're in **integrity** is whether you'd still do it if you got **zero external validation** for it.

01

BRAIN DUMP

5 minute
to write
everything on
you desire

02

WHY

Determine where
your desires come
from and what they
mean to you

03

CATEGORIS

Get a complete
E
picture
of your
priorities

04

EVALUATION

With everything in
view, what have
you learned about
yourself?



Lifestyle

5 GOALS



Career

5 GOALS



Love + Relationships

2 GOALS



Finance

2 GOALS



Health

2 GOALS



Faith + Spirituality

1 GOAL



Growth + Learning

0 GOALS

"The things I most value are learning and spirituality."



"Character is a commitment to a set of values without compromise."

• *What would people be surprised to know that I don't do at all?*

- Would they think differently about me for it?
- Do I think differently about myself for it?



Your desires
Your intentions
Your thoughts

01 \

***How
are you
doing...***
who are you to?

02 \

***What
brings you
here...***
to this point in your life?

03 \

***What
do you
do...***
when nobody is looking?

I am _____

How are you doing what you do?

My story/journey/walk _____

What brings you here to this point in your life?

I most value _____

What do you do when nobody is looking?

**“Success is liking yourself,
liking what you do, and liking
how you do it.”**

- Maya Angelou

leading **with integrity.**

CONTACT ME ABOUT WORKSHOPS AND EVENTS:

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