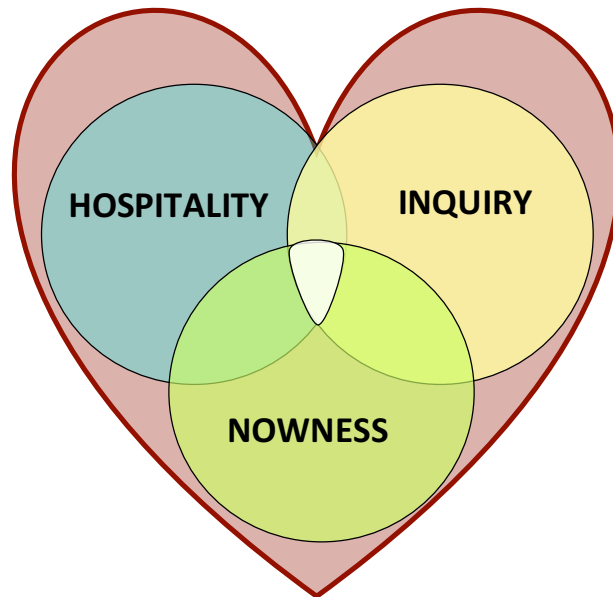


# The Heart of Authentic Leadership

## Creating a Container of Hospitality, Inquiry, and Nowness



### The Container Principle

- *Whenever we convene a conversation or gathering, we are creating a “clearing” in time and place. The container **defines and protects** the space and what will take place there. A good container has an overall sense of coherence and “holding” without being too tight or constraining.*
  - *Little Book of Practice for Authentic Leadership in Action, p. 19*
- Creating a good container encourages our inherent authenticity to naturally come forth.

### Three Qualities of Container that Encourage Authenticity<sup>1</sup>

- The basis for **hospitality** is kindness and appreciation. It starts with kindness to ourselves, and not rejecting anything that arises. Hospitality also contains an invitation to the challenge, or it becomes a way to put people to sleep.
- The atmosphere of **inquiry** is about meeting any experience with warm curiosity; valuing the living and open quality of the question, as opposed to focusing on the “answer.” This can be practiced in interactions with others as well as in meditation. Inquiry keeps opening the space.
- Willingness to contact the sense of **nowness** allows us to cut through the entanglement of our stories to the moment of direct experience, of freshness that is always available. In nowness there can be a sense of deep knowing that complements the not-knowing of inquiry. That is where insight and the courage for leadership, strategic change and innovation can be best accessed.

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<sup>1</sup> Excerpt from a document written by Michael Chender called “Creating the ALIA Container.”