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KIRSTY MAC



Take responsibility for
the energy you bring into
my space.

- DR JILL BOLTE TAYLOR

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ENTER

I had to keep with the “C word” theme and call this wee book Chi.

It's all about the energy for me.

This quote from Dr Jill is one of my favourites, recognising the power of our impact, the effect we can have on other humans by how we posture into our conversations, into the Zoom room or meeting room.

Some people light up a room when they enter and some people – when they leave!

It's not about gung ho BIG main character energy – it's a sense of the person.

Some people think we can avoid it in these rectangular squares that pop up on our screens now – no, we can tell who has lost the will to live and who wants to be in the meeting.

What energy do you bring to spaces?

Kirsty x





“

People will never remember what you say or do but they will always remember how you made them feel.

The beautiful Maya Angelou said this and...it's true!

Peoples' energy can have a profound effect on you. Granted, this can affect some people more strongly than others however we are all 'marked' by it in some way.

Have you ever spent some time with people we would call 'mood hoovers'? Or 'fun sponges'? (or for you Harry Potter fans – the dementors)?

It is EXHAUSTING!

Sometimes that mood Hoover is US.

So, how do you take responsibility for the energy you bring into the space?

LAN(GAUGE)

Our language gauges what happens to us.
It also creates energy.

I think we have too many 'hard stops', 'battles',
'lines in the sand', 'gung-hos', 'war rooms',
'elephants in the room' *, 'ducks in a row',
'striving', 'relentless ambition', 'casualties',
'economic terrorism', 'uninterrupted constant
productivity' and other chaotic terms.

I am calling in 'gentle', 'lean into', 'ease',
'widen', 'tune into', 'embrace'. And way more
'breathe'.

What energy do you call in with your
language?

(*Although, personally, I am not sure you can
have too many elephants in the room. I LOVE
elephants).

Your first and foremost job as a
leader is to take charge of your own
energy

-BOB PROCTOR



**WHAT we know matters, but
WHO we are matters more.**

-BRENE BROWN

pleasing THE PEOPLE

Some of us LOVE to please people and it is EXHAUSTING.

Here is a thing that my coach said to me (no idea why) "*activity is not care*". Ok, for those in the back row that were not listening, I shall say it again. **Activity is not care.**

Are you doing other people's jobs for them? Are you denying them their experience?

Because if you are – you are not taking responsibility for the energy you bring into the space.

You could be (warning people pleasers this may smart) **taking their energy.** So, boundary up your mind, your role and your body.

You do you.





WHO is at your table?

Leadership is a group activity – we need others around us. Being human is a group activity!

Margaret Wheatley talks about certain archetypes that are required for us, especially as we grow through change.

We need queens/kings, we need warriors and friends and mystical wizards at our table.

One of the rituals I spend a lot of time with is thinking on who is at my table.

We need people to challenge us and create boundaries, we need the people to give us energy and a kick up the backside, we need friends to support us and make us laugh, and we need people who ask us questions that cause us to rock back in our seats.

Do you have the right people around you?

happy arranging x

QUEEN/KING



Provides clarity, vision, direction, reward and recognition. Often comes from a boss or mentor.

WARRIOR



Provides energy, discipline, loyalty, challenge. Often comes from a colleague.

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FRIEND



Provides support, sensitivity, creativity, spontaneity and presence. Often comes from a colleague/friend.

WIZARD



Provides insight, bigger picture, potential and wisdom. Often comes from a coach or mentor.

KIRSTY MAC

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www.kirstymac.co.uk