



**Chuen Chuen Yeo: Bridging the Gap Between 'Knowing' and 'Doing' of Leadership Agility Using Metaphors**



Chuen Chuen Yeo is an executive coach who specialises in developing agility in professionals through strategic mindset shifts enabling their organizational and leadership transformations. Get insightful, helpful & actionable tips on how to close the gap using metaphors to immediately snap out of an unproductive loop plaguing you for years in one session.

**TOP EMBODIMENT TIP:** Eat the elephant one bite at a time. Take the courage to do your inner work mindfully.

**Grow the Agile Mindset in Leaders: Using Metaphors to Bridge the Gap between 'Knowing' vs. Doing'**

- I might know it but might not do it; Shift your mindset to help others shift their mindset without resistance.
- Leadership agility; A state of being allowing leaders to be responsive, flexible and versatile to changes.

**Closing the Gap with Metaphors:**

- 3 Secrets to Generate insights, expand perspectives for mindset and behavioural changes
- 1. Why metaphors influence leadership behaviour & why we get stuck in poor metaphors:**
  - They rewire the brain when you get stuck in an unproductive cycle by influencing your reasoning and problem solving. *It is about mindset not capability,*
  - Different thoughts influence reasoning, regulate emotions, and problem solving becomes clearer.
  - Read situations, better, more accurately, more realistically and come up with more effective solutions.
- 2. How anyone can embrace new metaphors & increase their agility regardless if creative, artistic, or innovative:**
  - Use the whole brain approach by using images and words to activate the left & right brain, which will invite new metaphors and ways to make senses of our situations
  - Giving leaders tools to be aware of metaphor frames using Re4 Coaching Model
- 3. How anyone can turn mindset into successful actions without training:**
  - Tap into power of guided reflection to gain insight answering 4 questions with images
  - 1) What is working for me?
  - 2) What is holding me back?
  - 3) What will allow me to move forward? Fail fast, learn fast; Agile mentality.
  - 4) Who do I want to be?
  - Turn insights into actions with a clear timeline to ensure you thrive when encountering disruptions.

**Resources:**

- ❖ **Books:** *8 Paradoxes of Leadership Agility, ACESENCE, 2020.*
- ❖ **Website:** [ACESENE](http://ACESENE.com)
- ❖ **Social:** LinkedIn: [Chuen Chuen Yeo, PCC](https://www.linkedin.com/in/chuenchuenyeo), Instagram [@yeochuenchuen](https://www.instagram.com/yeochuenchuen)



- ❖ **References:** [ActivityChart](#), Metaphors we think with: The role of Metaphor in Reasoning (Paul H Thibodeau & Lara Boroditsky), Creative Tools for Professional Development: Points of You®

## Chuen Chuen Yeo





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As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.



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