



Dr. Paul T.P. Wong: Self-Transcendence and Servant-Leadership



Dr. Paul T. P. Wong is a registered psychologist who originated Meaning-Centered Counseling and Therapy (MCCT) and is the Founding President of the International Network on Personal Meaning (INPM). Explore a different kind of leadership characterized by the spirit of self-transcendence and learn the concept and practices of servant leadership.

TOP EMBODIMENT TIP: Keep busy, keep fire in belly, and strive towards goals every day.

Introduction

- The best preparation to live a meaningful life in a dangerous time like ours is to arm people with **mental toughness consisting of courage, faith, endurance, and self-transcendence.**

Principles of Self Transcendence and Responsibility

- “The more one forgives himself - **by giving himself to a cause to serve or another person to love** - the more human he is and the more he actualizes himself”. Viktor Frankl
- Self transcendence is to be re-oriented away from the self **towards someone or some cause greater than oneself.**
- It comes from having **faith** and is the antidote to egotism and suffering.
- Similar to Buddhism’s no-self and Christianity’s crucifixion with Christ.

Existential Positive Psychology and Servant Leadership

- True positivity is the ability to **see light in darkness.**
- True success is to **embrace the dark side of life** and turn it into the foundation for achieving your highest value.
- The good life is **a balancing act between opposites.**
- “Servant leadership **always empathizes, always accepts the person,** but sometimes refuses to accept some of the person’s effort or performance as good enough”. Robert Greenleaf.

Leading Through The Current Crisis

- The present crisis needs **paradoxical leadership**
 - It is more effective than autocratic leadership
 - It is paradoxical - **a leader must be a servant first**
 - It is both **people oriented and task oriented**
 - It has the ability to ensure quality performance and **the humility to learn from others**

Resources

- ❖ **Website:** <http://www.drpaulwong.com/>



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