



Stuart Tan: Worthless, Hopeless, Helpless: How Leaders Can Help Themselves and Others
Unshackle from Shame and Inadequacy in a Demanding World



Break free from the cycle of shame by listening to Stuart Tan's personal story and learning practical tools to release feelings of inadequacy and illuminate your potential. Stuart is a psychologist and leadership consultant who has worked with hundreds of businesses, organizations, and government bodies all around the world to support leaders in helping them widen perspectives and provide solutions based on a deep understanding of emotional cycles.

TOP EMBODIMENT TIP: When an emotion arises, ask yourself what is its highest, positive intention?

Personal Story of Worthiness: **Learning Actually Happens in the Downtrend of One's Life**

- Stuart describes his relationship with shame as a child and throughout his adult life as a military leader, business owner, and as an academic. He found his peers began to trust him because of his own courage to share his story of strife.

The Fulfilment of Destiny: **Coalescence of Awakened Efforts of the Director and the Directed**

- The combined efforts of "The Leader" who is the person who holds authority over the individual contributor and "The Individual" who is the person who is being led.

Guilt vs Shame: **We Cannot Control Others' Behaviour**

- Guilt elicits reparative behavior while shame elicits self-implosive behavior or heightened self-consciousness due to mismatch between identity and outcome.
- We can control how we interpret and assign meaning to the interaction (how it evokes shame inside of us). Your input as a leader influences the individual's output.

How Do We Create Safety?: **Hopelessness, worthlessness, and Helplessness Lead to the Belief of "I Am Not Safe in This World"**

- Lead by example by addressing humiliation and bullying, create a space for conversation and reflection, and encourage self-care and mental wellness practices. The solutions are simple but the journey is not. Hopelessness can transform through vision, worthlessness through results, and helplessness through capacity.

Emergent Beliefs Protocol: **The Decisions that We Make Reinforce Our Beliefs**

- The process of identifying what you want, exploring beliefs around it, asking yourself how it feels and what the highest positive intention of that feeling is, discovering what you can do, and ultimately what you get out of it.

Resources

- ❖ **Books:** [Master your mind, Design your destiny](#)
- ❖ **Website:** stuarttan.com/
- ❖ **YouTube:** [Stuart Tan](#) **Facebook Page:** [Stuart Tan](#) **Facebook Group:** <https://link.ws/cogrowth>



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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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