

What is an Enlightened Team?

By Karin Lubin, Ed.D

An “Enlightened team” is type of a high-performing team. It’s a group of aware, thoughtful, compassionate individuals who want to make a significant difference for those whom they serve—and for themselves.

- They express themselves authentically.
- They strive to be more conscious and reflective in their relationships.
- They are positive and creative in their approach to creating a vision, sharing tasks and resolving conflicts.
- They create wholeness in their lives by negotiating flexible and supportive schedules at work and at home.
- They are always experimenting and innovating.
- They delight in sparking one another with enthusiasm, infusing their work with play and fun.
- They work from a spiritual foundation, creating purpose and meaning for themselves and others.
- They inspire transformation by loving who they are and what they do as a team.

The Enlightened Team System is a conscious approach employing five powerful team characteristics. When applied consistently, this method raises a team to new levels of interpersonal connection, self-care, empowerment, healing, synergy and productivity. It can facilitate any kind of team to deliver its product or service in a way that becomes an irresistible gift to the world.

You know you’re ready for a new approach to teams when

- You want to increase your awareness and skills to create a WOW team that goes beyond the look and feel of teams you regularly see.
- You want to spark and fully engage each team member through the appreciation and celebration of her skills, talents and gifts.
- You recognize that nothing is separate or divided—the personal is integrated with the professional, and the spiritual supports the practical.
- You are looking for new ways to ignite vision, purpose and meaning in your team.
- You want to commit to every team member’s wholeness by using deeply nourishing self-care.
- You are excited to bring out more of the conscious leader within you—and foster greater leadership in others.
- You can’t wait to be part of this “awakening,” bringing a more inspired awareness to your teams.

How an Enlightened Team Is Different

An enlightened team impacts the community it serves and the individual team members—and its impact ripples out to the world at large.

An enlightened team is infused with a strong sense of commitment to being the best—personally and organizationally. The team powerfully integrates each member's vision into the group vision, creating a powerful synergy and generating benefits that exceed expectations.

An enlightened team supports personal and professional growth. When team members individually become more mindful and present a transformation occurs for the whole team.

An enlightened team member brings their spirituality to the table, expressed through their values, attitudes and behavior in the way they serve others. They bring their higher purpose to their work and this connection helps define the spiritual heart of the workplace.

An enlightened team requires a conscious leader and members committed to staying present, aware and reflective. This awareness supports self care and group care that sustains the team. Team members desire to be more than just colleagues—to develop a feeling of love and respect for one another. Sharing deeply throughout their time together builds a sense of care and appreciation that goes beyond any experience of just “working on a project.” The shared experience of meaning, purpose and connection grows within the team and ripples out to everyone the team touches.

The Five Characteristics of an Enlightened Team:

Integrate consciousness-based tools to allow team members to work with thoughts and emotions in order to free people's authenticity and energy. Awareness on all levels—mental, emotional, physical and spiritual—nurtures *self-care* of the individual and the group. Connective and reflective communication builds group solidarity and trust. Everyone feels seen, heard and cared for.

YOU MATTER!

Intentionally create synergy to spur each member to align their complementary passions, strengths and experience with the team's collective purpose. This powerful synergy naturally magnifies and accelerates opportunities, productivity and effectiveness.

ENGAGE BRILLIANCE!

Build intuitive leadership within individual team members by encouraging each member to stand in their power when they feel an intuition to lead. Thoughtful examination by the team of each member's creative ideas builds trust that all members have an opportunity to initiate and innovate.

AWAKEN THE INNER LEADER!

Connect team members through ongoing traditions that encourage celebration, appreciation and love. Ongoing traditions affirm each person and recognize their contributions. The team and its members develop a deep sense of well-being and align with each other. Ultimately this alignment supports the team's vision and impact.

CELEBRATE EACH OTHER!

Heal and transform team members through personal self-care, awareness and a spiritual foundation. When a team member gains a new level of personal harmony, skill and mastery, greater wholeness and transformation occur—and the whole team evolves into something miraculous.

HEAL AND TRANSFORM!

Enlightened Team System Benefits

Use the Enlightened Team System to build teams that explode with beneficial outcomes for the organization, clients, community and the world—and *always* for individual team members.

When you adopt this system

- You'll build teams that actively seek and find wholeness and integrity—as individuals, as a team and as part of a larger community. You can't effectively develop one without developing all to achieve this powerful wave.
- You'll create teams where members' individual contributions to its collective vision spur greater synergy than can be achieved by lesser teams.
- You'll make teams with a firm commitment to empowering emerging leadership while supporting self-care to promote awareness, creativity and performance with integrity.
- You'll become a game changer in your business and in life by incorporating *The Five Characteristics of an Enlightened Team* to realize your team's highest purpose.

Join me in growing conscious leaders and Enlightened Teams. To dive more deeply with training for yourself or your team call or email me. Let's discuss how you can be a game changer!



Thank you,

Karin Lubin, Ed.D

209-404-8858

gileapcoach@gmail.com

www.quantumleapcoaching.org