

Leading From the Inside Out

The Neuroscience of Purposeful Leadership



Stephanie Tishler | July 15, 2026

Hello!

- Grab a notebook/paper and a pen
- Use your voice
- Have a sense of humor
- Keep an open mind

Why Are COMPLIMENTS So Hard to Accept?

♡
You have
such a calming
presence.

♡
You made
me feel
seen.

☆
You're an
incredible
leader.

Oh, stop...
It was
NOTHING!

Your
confidence is
contagious!
♡

You're
so good
at this!

You're
amazing!

You make
it look so
easy!

I love how
you lift
others up. ♡

You're
so
impactful.

I appreciate
you so
much.

You lead
with heart.

WOMEN
LEADERS
INSPIRE.
SUPPORT.
LIFT OTHERS UP.

BELIEVE THIS. ♡

Giving them is easy.
Owning them is the real **SUPERPOWER.** ♡

Stephanie Tishler ♡
COACH. CONNECTOR. CHEERLEADER.

**What would be possible if you
Believed**

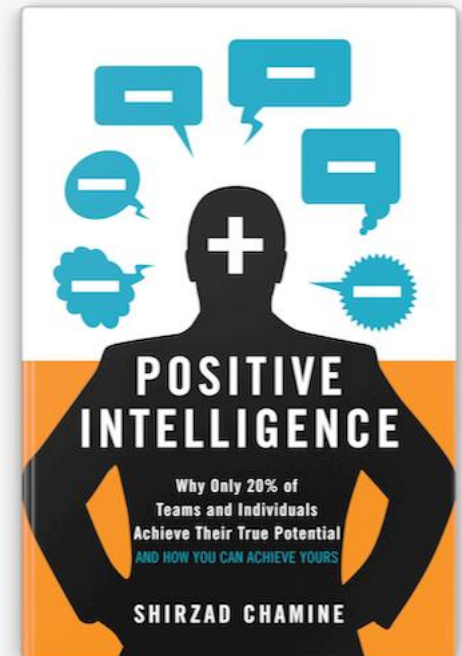


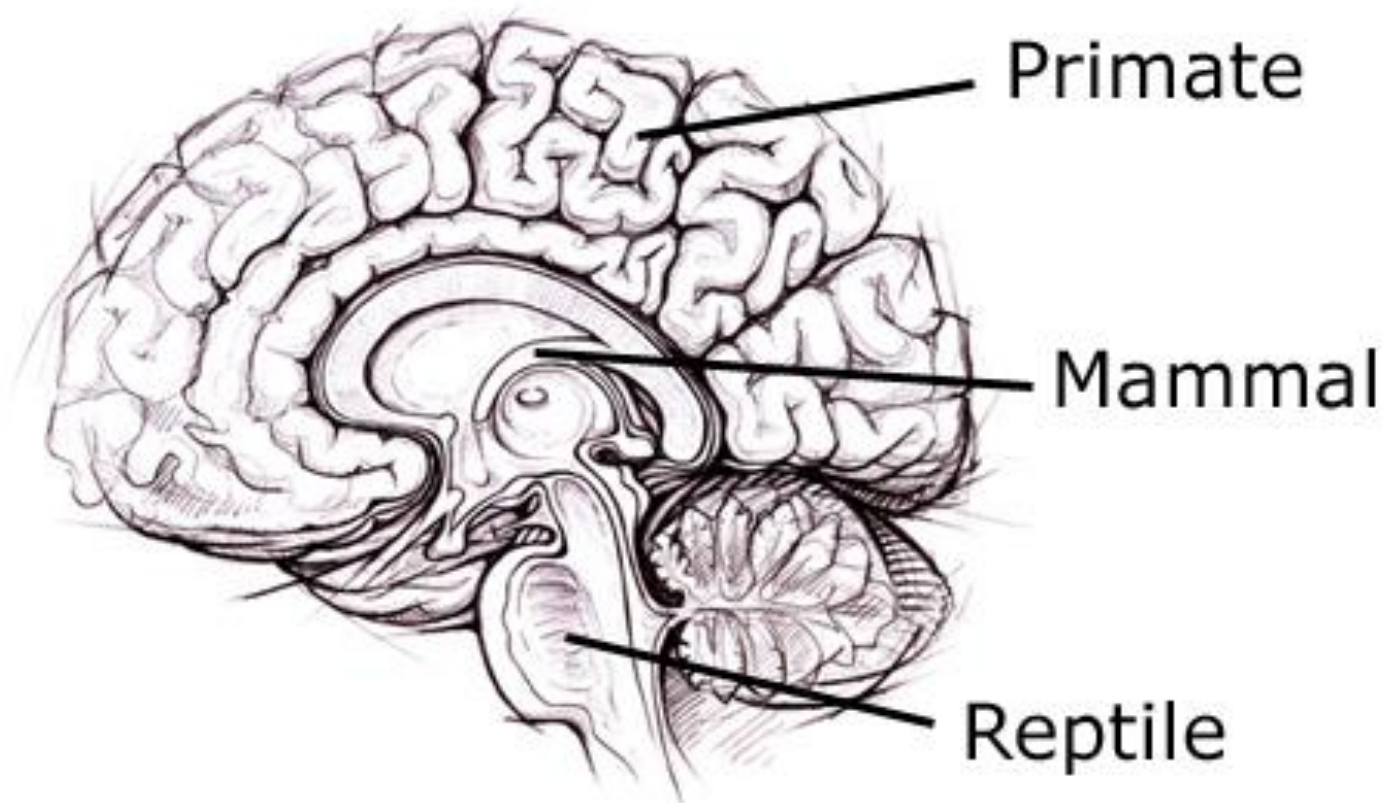
You've heard of IQ and EQ

Introducing PQ

Positive Intelligence

Your capacity to respond to life's challenges with positive rather than negative mindset.





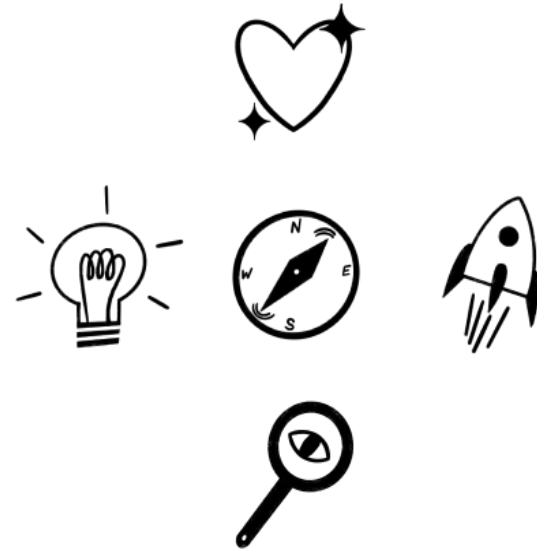


SABOTEURS

Brainstem

Limbic System

Parts of Left Brain



SAGE

Middle Prefrontal Cortex

Empathy Circuitry

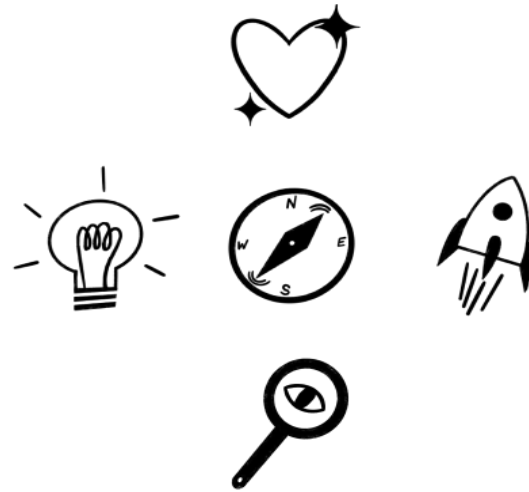
Parts of Right Brain



SABOTEURS

Motivate you through negative emotions.

Fear, stress, anger, guilt, shame, insecurity.



SAGE

Motivates you through positive emotions.

Empathy, curiosity, creativity, passion and purpose.

Meet the Judge and its 9 Accomplice Saboteurs



Controller



Hyper-Achiever



Restless



Stickler



Pleaser



Hyper-Vigilant



Avoider



Victim



Hyper-Rational



Recognize anyone?

Saboteur work

Note what you think is your primary.

- How does this come up for you at work?
- How does this come up for you in life?
- What would be different if this saboteur worked for you instead of against you?
- What would you like to say to that saboteur?

Sage Perspective

Every outcome or circumstance can be turned into a gift or opportunity.

How do you respond vs. react?

What is bad, what is good?



Sage Powers: Curiosity, Wisdom, and Calm

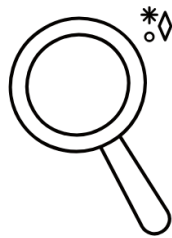
empathy



What might this person (or I) be experiencing?

How can I respond with kindness instead of judgment?

explore



What else could be true?

What am I not seeing? What can I learn here?

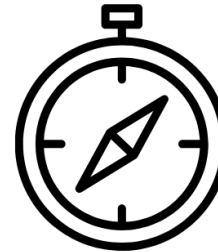
innovate



What's another way to approach this?

If there were no constraints, what might I try?

navigate



What really matters here?

Which choice aligns with who I want to be?

activate



What's my next best step?

How can I move forward, even if it's imperfect?

Using Sage to Lead with Purpose

Empathize to reduce judgment.

Explore with curiosity.

Innovate to create new possibilities.

Navigate by choosing what matters most.

Activate through intentional action.

Question:

Which perspective is true?

**Saboteur:
this is BAD**

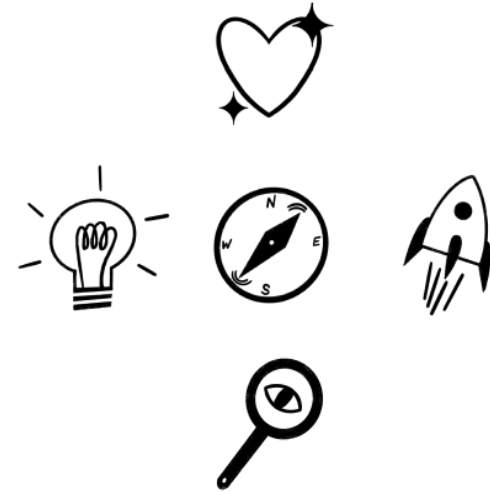
**Sage:
this is a GIFT**

**Answer:
Whichever you believe to be true.**



SABOTEURS

**Might generate success
but NOT happiness.**



SAGE

**Generates your highest
success AND sustained
happiness.**

**Which will you
choose?**

Leading with purpose



What's your one thing?

Thank you!
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