



7 WAYS TO HEAL YOUR NERVOUS SYSTEM

THROUGH SAFETY-ORGANIZED LEADERSHIP

You cannot always change the system.
But you can lead in ways that regulate you,
support others, and transform the culture around you.

1

BUILD INTERNAL SAFETY FIRST

LEAD WITH:

Presence over pressure

REMEMBER:

*Your nervous system is
your leadership center.*

2

CREATE MICRO- SAFETY DAILY

LEAD WITH:

Curiosity over control

REMEMBER:

*Safety grows
through consistent
moments.*

3

SET BOUNDARIES THAT SUSTAIN

LEAD WITH:

Boundaries over burnout

REMEMBER:

*Limits are
leadership.*

4

REGULATE IN REAL TIME

LEAD WITH:

Regulation over reaction

REMEMBER:

*Co-regulation begins
with self-regulation.*

5

SHARE THE LOAD

LEAD WITH:

Trust over control

REMEMBER:

*Together regulates
better than alone.*

7

NOURISH BEYOND THE ROLE

LEAD WITH:

Wholeness over productivity

REMEMBER:

*Your healing fuels your
impact and influence.*

6

ADVOCATE FOR HUMAN-CENTERED SYSTEMS

LEAD WITH:

Courage over compliance

REMEMBER:

*You are positively
shaping the system.*



THE RIPPLE EFFECT OF SAFETY-ORGANIZED LEADERSHIP



You create
safety for
others.



Safety
becomes
trust.



Trust
becomes
connection.



Connection
becomes
collaboration.



Collaboration
becomes
culture.



Culture
becomes
legacy.

