

➤ SuperHUMAN LEADERSHIP: DOING HARD THINGS WITHOUT BEING A HARDASS



Massimo Backus

Founder,

Massimo Backus Leadership



SuperHUMAN Leadership

Do Hard Things Without Being a Hardass

Massimo Backus Leadership



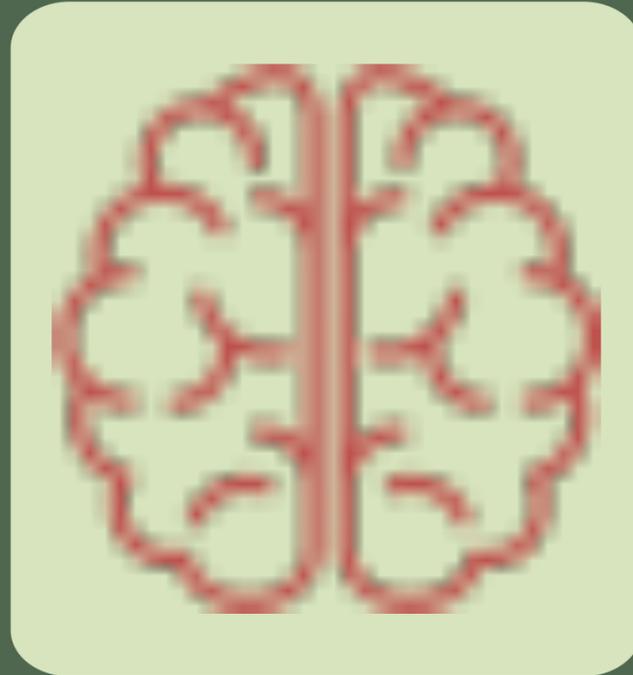


“...most people are spending time and energy covering up their weaknesses, managing other people’s impressions of them, showing themselves to their best advantage, playing politics, hiding their inadequacies, hiding their uncertainties, hiding their limitations. Hiding.”

— Robert Kegan and Lisa L. Lahey,

An Everyone Culture page 1

3 Aspects of Self-Compassion



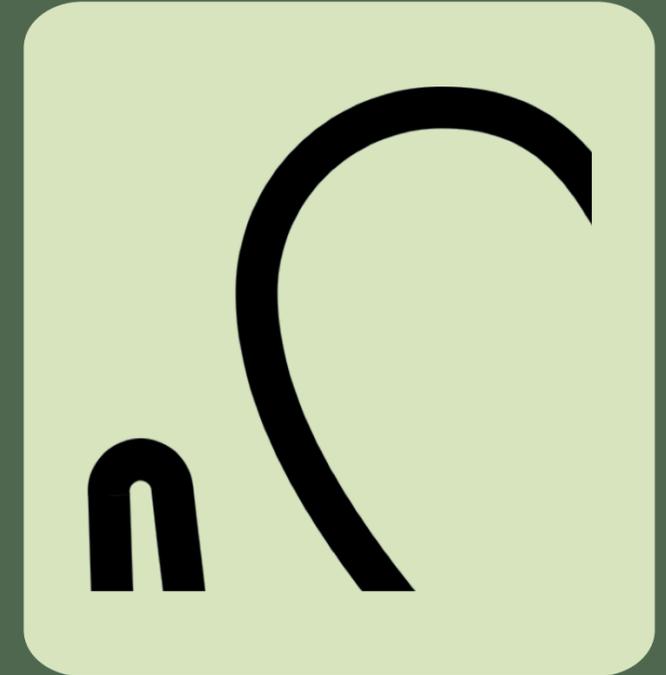
Mindfulness Awareness

Being aware of your physical, emotional and mental experience without judgment.



Common Humanity

Recognizing that suffering and imperfection are a part of the human experience.



Self-kindness

Treating yourself with care and understanding as we would for others.

Let's be a friend
to ourselves so
that we can be a
better friend to
others.