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Seminar (I)

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# Leading Up

**The Stages of  
Continuous Growth**

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**You are already  
proof that growth  
is possible.**





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Part 1

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# What is growth?

**Growth is becoming more.**





We add.  
We multiply.  
We deepen.



**You need time.  
You need distance.  
You need something new.**

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Part 2

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# The 6 stages of growth?

**Growth is a lifetime  
journey.**





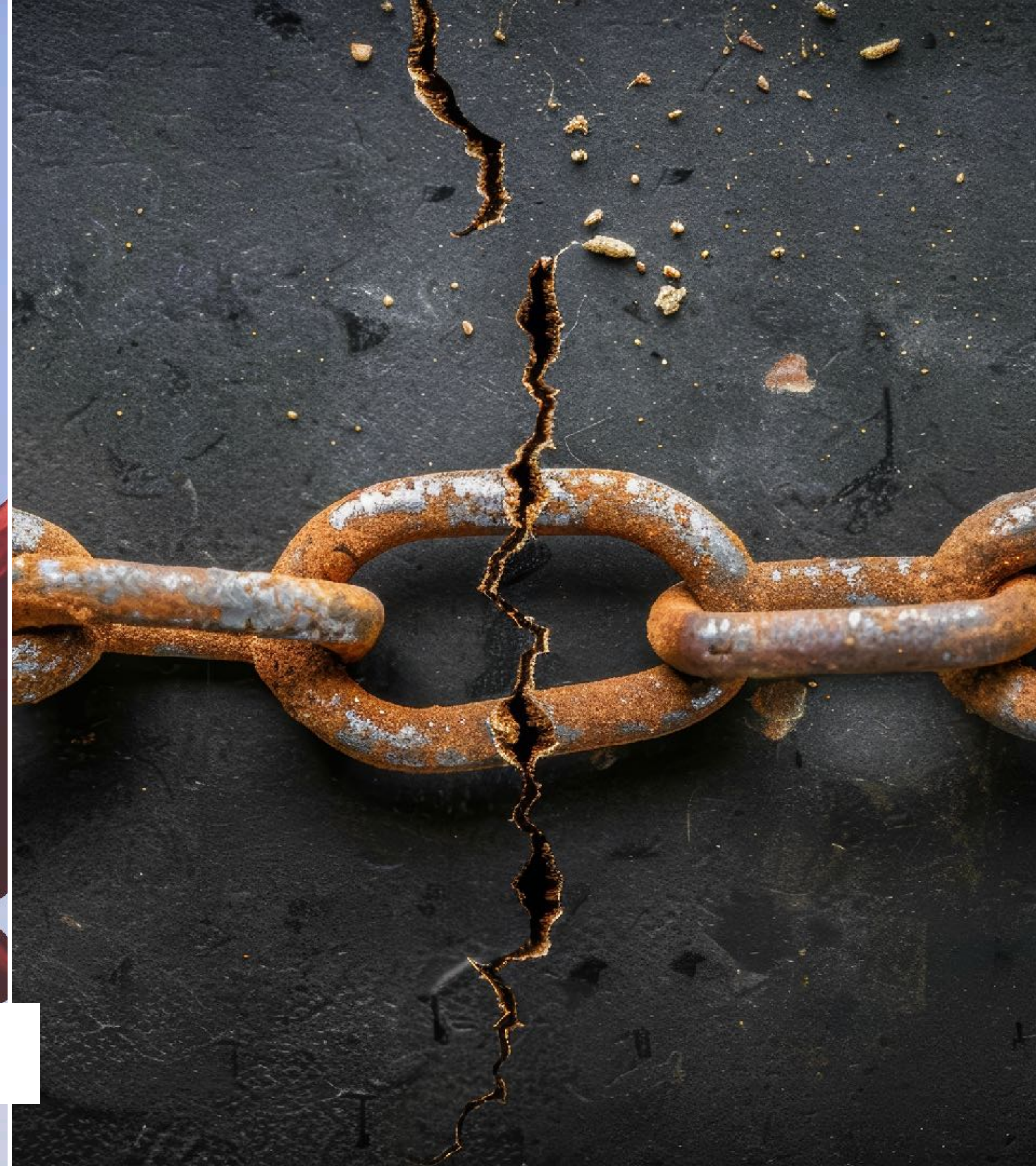
**Stage 1. Awareness**





Stage 1. Awareness

**Stage 2. Working with yourself**





**Stage 1. Awareness**

**Stage 2. Working with yourself**

**Stage 3. Finding models**



Stage 1. Awareness

Stage 2. Working with yourself

Stage 3. Finding models

**Stage 4. Finding your own voice**



**Stage 1. Awareness**

**Stage 2. Working with yourself**

**Stage 3. Finding models**

**Stage 4. Finding your own voice**

**Stage 5. Teaching others**

A photograph of an older woman with short, curly reddish-brown hair and glasses, wearing a teal patterned short-sleeved shirt. She is smiling broadly and hugging a younger woman with long, dark, wavy hair from behind. The younger woman is wearing a black top. The background is a blurred indoor setting with a window and some furniture.

Stage 1. Awareness

Stage 2. Working with yourself

Stage 3. Finding models

Stage 4. Finding your own voice

Stage 5. Teaching others

**Stage 6. Leading up**

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Part 3

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# Costs & perils of growth?

**Growth is not free.**

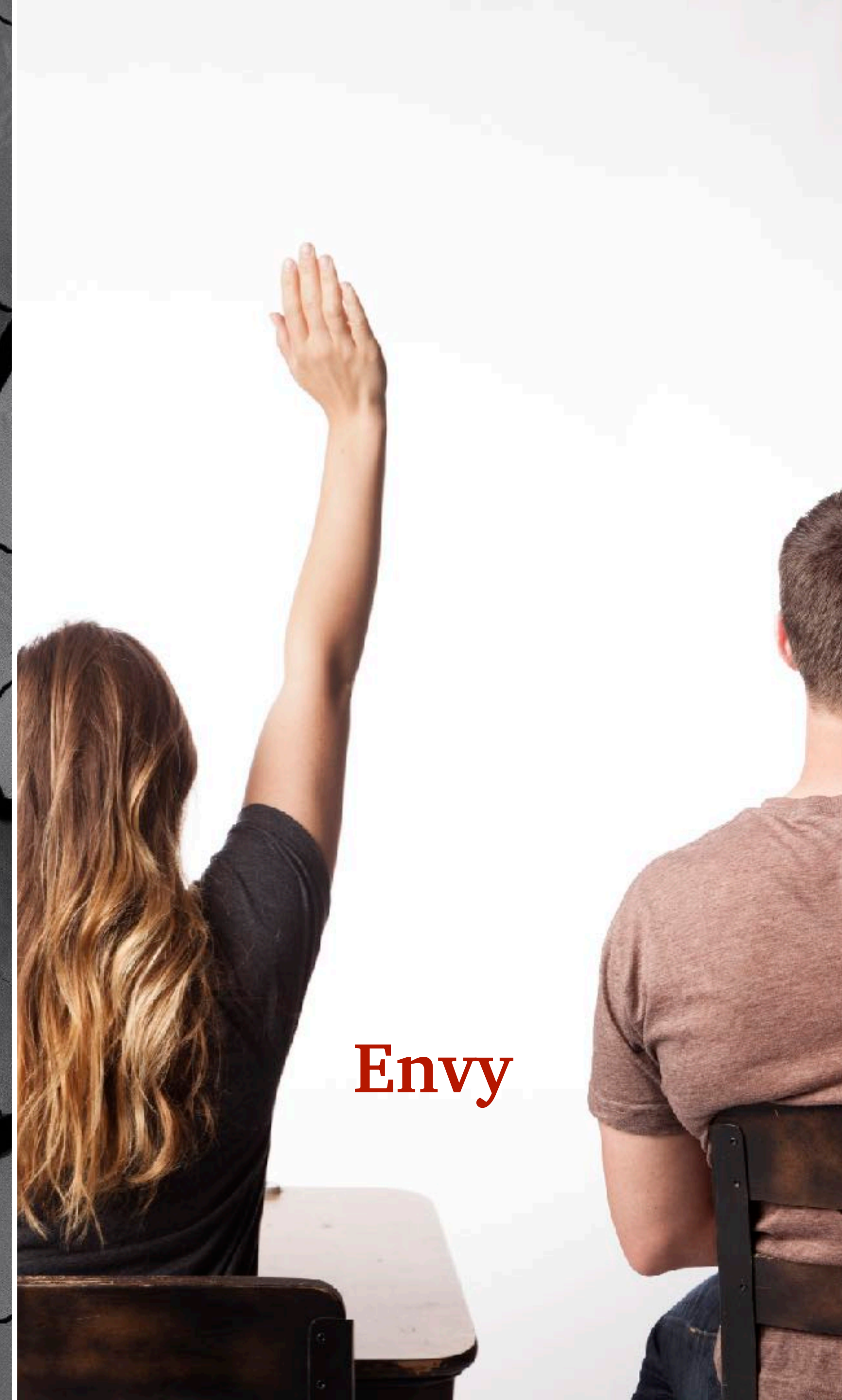




**Pain**



**Questions**



**Envy**



Discouragement

Wrong standards

Getting stuck

- Perfectionism
- Laziness



**Growth takes time**



**Growth takes time**

And so does stagnation.

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Conclusion

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# The invitation

You have not arrived.  
Neither have I.

That is not failure —  
that *is* the point of growth.



**Act rightly!**



**Act rightly!**

Remain open.

