

The Nervous System Continuum & Leadership Styles

We all navigate life from a place on the Nervous System Continuum. Where you live on the continuum matters, because this inner state directly informs your lived experience, and your ability to effectively connect with other people.

Understanding what the stages of survival mode, dysregulation, self-regulation, and co-regulation looks like, helps us better understand how (and why) we respond to day-to-day life, as we do.



Moving from left to right along this continuum cannot be done with the mind alone. It requires a mind-body approach.