# 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.

**Survival Mode** 

**Dysregulation** 

Self Regulation

Co-regulation

## **Leadership Style:**

Reactive and crisis-driven.
Decisions are made
impulsively to address
threats without foresight.
Micromanages, and while
under pressure are quick
to anger or shut down
Creates a high stress
environment.

## **Leadership Style:**

Inconsistent Leaders, oscillate between overworking, constantly pivoting strategies and disengagement (procrastination, avoidance). Easily frustrated. Creates confused, unpredictable environments.

### **Leadership Style:**

Grounded & composed.

Demonstrate emotional intelligence, remain calm and thoughtful in stressful situations. Have focus and foresight, clear communication, & measured action. Creates inspired and productive environments.

### **Leadership Style:**

Collaborative and inspiring, they foster a culture of psychological safety by actively listening, showing empathy, and creating strong, supportive relationships. They encourage teamwork, trust, and mutual respect.

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







