

Smart Ideas Shared-For Leaders By Leaders

Intuitive Leadership: Learning to “Intuit Thru It.”



SMART IDEAS
For Leaders From Leaders
SHARED

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Welcome to this reflection exercise based on Cathy Fitzhenry's groundbreaking book, *"Heartbeat: 10xLeading and 10xLiving."* This exercise is designed to help you explore your intuitive leadership capabilities and consider how you might expand your impact by 2, 4, 6, or even 10 times.

Fitzhenry teaches leaders how to "intuit thru it" - a process of recognizing, trusting, and acting on intuitive hunches while tracking the results. The key is to identify when it's truly your intuition (inner knowing) speaking, rather than your egoic, fearful mind. By mastering this skill, leaders can make extraordinary decisions and achieve 10x results at work and in their life.

Case Studies: Intuition in Action

Let's look at three examples that illustrate how leaders use their intuition in challenging situations:

- 1. The Product Pivot**, Mark, a product manager, had spent months developing a new feature based on market research. Just before launch, he had a strong intuitive feeling that the feature wouldn't resonate with users, despite all data suggesting otherwise. Following his instinct, Mark postponed the launch and initiated more in-depth user interviews. This led to a significant pivot that resulted in a much more successful product. How Mark "intuited thru it":
 - Recognized the intuitive hunch despite contradictory data
 - Took action by postponing the launch and conducting further research
 - Tracked the results through user feedback and product success metrics
- 1. The Crisis Response During a major PR crisis**, Lisa, a communications director, felt torn. Her team proposed a standard damage control approach, but something felt off. Trusting her intuition, Lisa instead advocated for radical transparency, against conventional wisdom. This bold move not only diffused the crisis but also significantly boosted the company's reputation for integrity. How Lisa "intuited thru it":
 - Distinguished between fear-based reactions and her genuine intuition
 - Acted on her intuitive hunch despite it being unconventional
 - Tracked the outcomes through media response and public sentiment
- 1. Navigating Uncharted Territory**, Katie, a startup founder, faced a challenge unlike anything she'd encountered before. Her company was navigating a major industry shift with no precedent to follow. She had no prior experience to rely on, and none of her peers had faced a similar situation. Feeling overwhelmed, Katie decided to integrate her intuition with her intellectual analysis and emotional intelligence. How Katie "intuited thru it":
 - Took time to relax and quiet her mind, creating space for intuitive insights
 - Carefully sifted through her thoughts and feelings, distinguishing between intuitive hunches and fear-based reactions
 - Listed out actions she felt intuitively drawn to take, moment by moment
 - Cross-referenced her intuitive insights with available data and emotional cues
 - Implemented a flexible strategy based on this integrated approach
 - Regularly checked in with her intuition to adjust course as needed

Reflection Questions

After reading these examples, take some time to reflect on your own experiences with intuitive leadership. Consider the following questions:

- Can you recall a time when you had a strong intuitive hunch that went against conventional wisdom or available data? What was the situation, and how did you respond?
- Think about a recent challenge you faced as a leader. In hindsight, do you recognize any intuitive signals you might have overlooked? How might the outcome have been different if you had tuned into your intuition?
- How do you currently distinguish between genuine intuitive hunches and fear-based thoughts? What practices or techniques do you use?
- Reflect on a time when you successfully "intuited through" a challenging situation. What did it feel like? How did you know you were on the right track?
- What beliefs or past experiences might be holding you back from fully trusting your intuition in your leadership role?
- What specific steps could you take to create more space for intuitive insights in your daily leadership practice?

Conclusion

Mastering the ability to "intuit thru it" is a powerful skill for leading through a time where things are constantly changing and shifting. When coupled with critical thinking, data, and information analysis, a leader will advance their awareness in challenging situations. However, truly developing this skill requires deeper exploration and practice.

Cathy "Fitz" Fitzhenry has been mentoring leaders for several decades and teaching intuitive leadership both in group classes and private mentoring. All of her books in the Heartbeat series (personal and business books) touch on the subject of being a Heart-based Intuitive Leader.

Learn more about her educational resources at www.TheLeadingHeart.com (her free community) for leaders. As a member of this community, you will get an opportunity to access free courses, discounts, and her knowledge and mentorship.

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