



STELLA PETROU CONCHA

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Letter from Stella

One of the biggest and most enduring themes of my professional life has been my personal journey with self mastery and sharing the transformative impact that mastering your inner world can have on your outer world.

I have dedicated over twenty years to helping people realise their potential, working with top executives across the corporate world through to graduates in an academic setting. At all levels I meet people struggling to manage themselves through periods of change, who are holding themselves back through fear of failure, and relying on others to measure their self-worth. Helping people to overcome these challenges in order to elevate their careers has become a mission that permeates through all of my professional endeavours.

As CEO of a professional services organisation, my purpose has always been to deliver a powerfully human approach to talent attraction, retention and career development. As co-founder of executive development firm HiveQ I have focused on guiding executives as they build their networks and progress

their careers. Across both businesses I have acted as advisor to multiple leadership teams and boards, with emotional intelligence and mastery at the heart of these conversations as I help build high performing teams and enable professionals to grow and thrive.

In the academic space I sit on the board for the University of Technology Transdisciplinary School of Creative Intelligence and Strategic Innovation, I consult with, and guest lecture at, multiple Business Schools nationwide, I act as a mentor on multiple graduate programs, and most recently have been named an Honorary Adjunct Fellow at the University of Western Sydney for my work in self mastery. My academic work has allowed me to connect with people at the conception of their careers, enabling me to support and elevate professionals end-to-end.

My book Stone Heart Light Heart – The Intelligence of Self Mastery, is written both to share my personal experiences with self mastery and to take readers on their own journey. Since it's first publication in 2021 an audiobook has been developed and an accompanying journal to complement the lessons I cover. I regularly deliver keynote sessions and corporate workshops as the consciousness around the part self mastery plays in the future of work grows.

My work in all its forms sits at the intersection of employment, future skills and self mastery. I am most commonly working with people at a point of change, where they need to be able to manage themselves in order to realise their potential. My vision is to challenge people to embark on their own awakening through this change, where they can realise the power their inner world yields over their

outer world. In today's D-VUCAD world, where disruption, volatility, uncertainty, complexity, ambiguity, and diversity are front and centre, the only thing we can control is ourselves, and my work is all centred around how we can gain that control.

Stella Petrou Concha

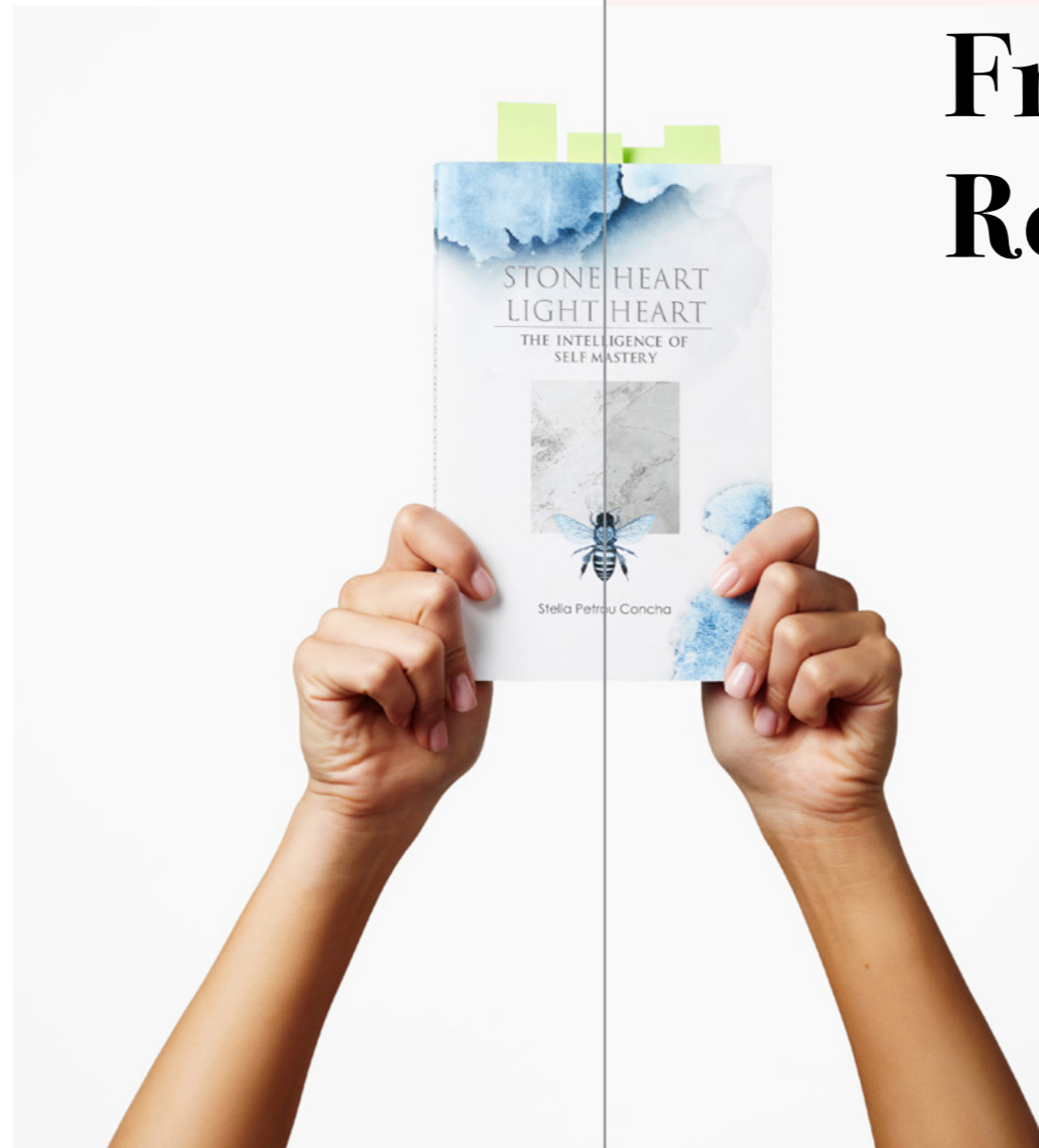
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Stone Heart Light Heart

The Intelligence of Self Mastery

Written in a linear form, Stone Heart Light Heart - The Intelligence of Self Mastery takes you on a journey from remapping your values and beliefs to a deep awareness of how your inner thoughts influence the world around you. It tackles challenges that resonate with many of us, including:

- Overcoming Fear of failure
- Banishing negative self-talk
- Stopping judgement of self and of others in its tracks
- Navigating people pleasing tendencies
- Cultivating positive vibrational energy
- Understanding your life's purpose



From Readers:

“

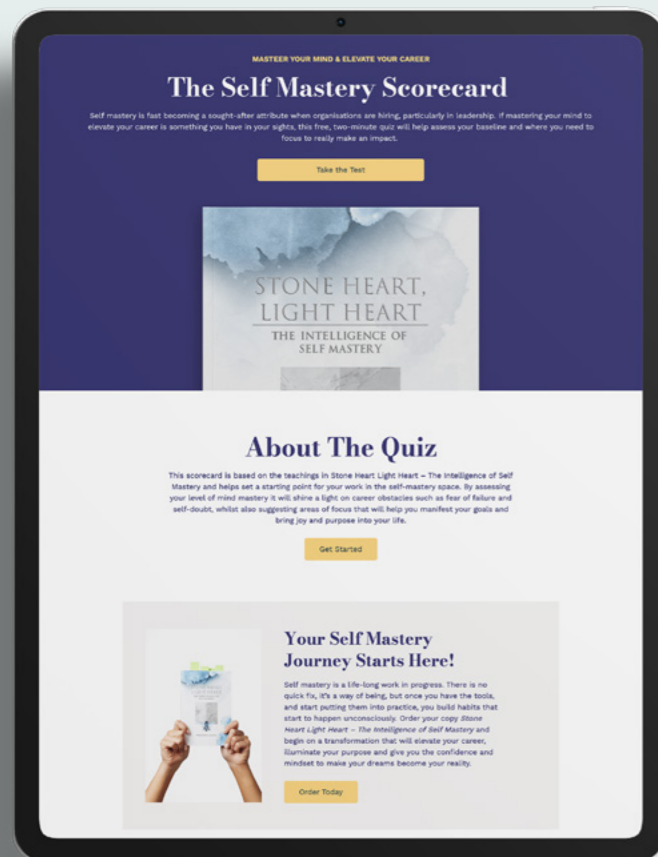
“It was like holding a mirror up to my inner thoughts, attitudes and behaviours which forced me to reflect on the limiting beliefs and actions which are holding me back from achieving my full potential, but most importantly from being a better human being.”

“Just about to embark on the last chapter of Stone Heart Light Heart, “Power”. When I say this has been the hardest hitting read of my career, it’s no understatement! Thank you for releasing this book!”

Stone Heart Light Heart –
The Intelligence of Self Mastery is on sale at stellapetrouconcha.com.au or via major online booksellers including Amazon and Booktopia.



Stone Heart Light Heart can be found in audio form on all major audiobook platforms for those who prefer to listen to content on the go.



There are many ways in which your ego can derail your ability to maintain control over your inner world. My short quiz helps to provide a self mastery baseline and highlight your key areas of focus.

Intrigued to find out where you sit? **Take the test here:**



Stella is regularly invited to deliver keynotes and workshops at industry events and to corporate teams. Workshops can be tailored to suit a particular focus or be a general introduction to self mastery concepts for further exploration. These sessions are most effective with follow up access to the book or audiobook to build on the themes explored.

Stone Heart Light Heart in the Current Corporate Climate

In recent years, businesses have experienced unpredictability across all industries, with external factors at play that have been outside of anyone's control.

This has inevitably taken its toll on people's mental and spiritual wellbeing, as operating in 'survival mode' is not sustainable long term. Burnout, resignations, career changes and searching for a more satisfying role where value can be created and delivered is how this is continuing to play out.

It has also driven a notable shift in the sought-after skills for the next generation of leaders. This is reflected in the work of bodies such as the World Economic Forum, where we increasingly see self-efficacy and self-management skills featured in the top ten most desirable skills in the workplace. Resilience, flexibility, stress management, agility, dependability, empathy, active listening and critical thinking are all top of mind for those recruiting not just senior executives, but new hires at all levels. We need to be able to not just cope but thrive within the uncertain environment in which we operate.

For leaders, the challenge is significant. They must have confidence, be resilient in the face

of change, be fearless and fail forward and be detached from negative emotion. They need stress tolerance, agility, and flexibility in their behaviours. They must maintain the positive vibrational energy that will set the tone for their team, whilst setting the directional course and simultaneously finding the space to be creative and capitalise on opportunity. It's a list of overwhelming, almost superhuman traits that can feel impossibly out of reach.

To simplify, leaders need to lead with heart, not with ego. They need to master their inner world in order to successfully navigate the challenges of the outer world. This is at the heart of what Stella teaches.

Leaders who master their self-doubt achieve more, those with self-confidence inspire and attract others, those who have mastered themselves have more career adventures, with more opportunity for growth and more fun along the way. In essence, self mastery is transformative. It all starts within.



Keynotes & Workshops

Personal stories are powerful, and in her keynotes and workshops, Stella regularly shares real life examples of how she has learned to connect with her inner world and the transformation this has created in her outer world, and more specifically her career.

Stella takes an interactive approach, inviting you into a space to self-reflect and consider how turning in and making changes in your inner world can shape your future and influence those around you.

Content can be tailored to suit a specific focus, such as resilience in the face of failure or cultivating confidence through detaching from judgment, depending on the needs of the group. Specific resources can also be created in partnership with clients to speak to their

specific culture and ecosystems. In addition to workshops on self mastery, Stella also facilitates specific sessions that are focused on finding your purpose. 'Build Your Legacy' can be hosted as a stand-alone workshop or as part of a half day session in tandem with the Stone Heart Light Heart workshop.

Workshop/speaking sessions vary from a 25-minute keynote through to a half-day workshop and beyond, again tailored to fit the desired outcomes.

Learn more about *Build Your Legacy*:



From Event Attendees:

“

“Stone Heart Light Heart was a blessing I needed. I was wondering if I was strong enough physically and mentally to take on new challenges. Having trust in myself, that I am capable, and in control, was truly unforgettable to learn and apply to my life”

“The talk I’ve heard around the office has been really positive and (Stella is) going down as our most popular session in this year’s graduate coffee chat series”

“I was really inspired by the entire workshop and am currently reading through the book, which further cements what was taught in the lesson”

Some of the businesses and universities Stella has worked with to date include:



The Mastery Journal

The Mastery Journal is the official companion to *Stone Heart Light Heart – The Intelligence of Self Mastery* and assists in converting some of the learnings into daily practice.

The journey of self mastery is a commitment to a way of life. Self mastery is not a goal, but a lifetime's work which evolves with you. Prioritising the understanding of your self requires observation of the processes and structures that make up your behaviours.

The Mastery Journal provides a tool through which you can create daily intentions, affirmations and tasks to support you. They can be work-related or as simple as creating a daily meditation or set period in which to exercise.

The journal encourages you to also take time to reflect on your day, to track your progress and recurring themes and to direct your attention to your inner world. Daily habits and meaningful self reflection in your inner world, set up your outer world for mastery. The Mastery Journal is on sale via stellapetrouconcha.com.au, and through popular online retailers including Amazon and Booktopia.





Recent Recognition

In 2023 Stella was invited to join the Western Sydney University Business School as an Honorary Adjunct Fellow. This title was awarded in recognition of Stella's close relationship with the University and her expertise in the field of self mastery and career development.

Stella's journey with Western Sydney University has been supported by Professor Amir Mahmood, Dean of the Business School, and Anthony Matis of CAANZ who first introduced Stella to the University.

Follow Stella's growing community on social media:



STELLA PETROU CONCHA

Stella Petrou Concha has been named as one of 50 Leading Lights in Kindness and Leadership across the Asia Pacific region for 2023. The **#kindnessrules** campaign focuses on leaders from different industries who are positively contributing to businesses, the economy and broader society.

Building a Legacy **ONE LIGHT AT A TIME**

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