

Human Systems Relational Mindful Leadership Model

Individual Mindful Leadership (IML) is the foundation for Relational Mindful Leadership. The components of IML work together to enable us as individuals to create positive, sustainable change in ourselves while ensuring that our needs are met. [Learn more about IML.](#)

Unconditional Respect for others creates a containing space for **Relational Boundaries** and **Empowering Practices**. Unconditional respect means treating other people equally because they are human beings, with the same kindness, care, and respect that we give to ourselves, regardless of where they come from or their position on an organizational chart. It means respecting our own and others' boundaries, making space for inclusion, and being thoughtful about how communicate with and about each other.

We use **Relational Boundaries** to protect and maintain our **Principles** ([see the IML Model](#)), our work priorities, and our well-being. Our **Relational Boundaries** are dynamic and determined by our **Individual Mindful Leadership** practices and the current requirements of our environment. We use respectful communication to inform others of our boundaries and reinforce them when necessary.

When two people treat each other with **Unconditional Respect** while maintaining strong and consistent **Relational Boundaries**, their relationship holds space for **Empowering Practices**, which include transparency, honesty, authenticity, resource sharing, allowing others' autonomy, and creating space for others to learn and grow. **Empowering Practices** require mental and emotional strength, so strong **Individual Mindful Leadership** practices are required.

