



Humility Paradox Presentation

For Personal and Organizational Growth

Throughout history, hubris—pride without humility—is central to the downfall of humans. John Milton writes about it in *Paradise Lost*. Historians claim that hubris hastened the fall of the Roman Empire. Jealousy and pride, an insatiable appetite for power, and a self-deceiving invincibility led to Napoleon’s fall at Waterloo. Often grouped as one of the Seven Deadly Sins, many people believe pride was the original sin that led to the fall of man.

From selfless to selfies ...

We have gone from the “we” generation to the “me” generation to the “me-me” generation. Narcissism is at an all-time high, and empathy is at an all-time low. Pop culture idolizes the rich-and-famous, as celebrities flaunt over-the-top antics. From financial institutions that are too big to fail to leaders who feel they are too powerful to fall, faith in our institutions is at low ebb. Pride without humility is arrogance. Arrogance unchecked becomes hubris. Hubris destroys relationships, discourages growth and development, and encourages a sense of entitlement.

The Humility Paradox describes how individuals and organizations can use the power of this dynamic, simple, and paradoxical virtue. What seems like meekness is really strength. Humility helps people build stronger relationships, live authentically, find peace in the midst of life’s messiness, avoid the fall from grace, and grow. Humility helps organizations change, innovate, build stronger leaders, and provides a common philosophy for all departments. In this way, humility unites the organization. There is great power in a simple virtue that joins groups of people, united in selfless sacrifice and common purpose.



Topics in This 90-Minute Presentation

There are three paths for personal and organizational growth in humility: Shrinking, Transcending, and Serving.

Growth in humility through shrinking

Shrinking is growing. It is growing smaller, leaner, and more efficient. It is streamlining, the opposite of how people perceive growth. Pablo Picasso says, “Art is the elimination of the unnecessary.” In this context, shrinking is art, as we eliminate the unnecessary, the burdensome, and the excess.

- Shrinking rightsizes us, corralling our egos to fit the space we occupy. Paradoxically, anything that makes us small is good for us.
- Shrinking helps us deal effectively with adversity, as we realize and accept that life is messy for everyone.
- Organizations benefit from the rightsizing of shrinking as they become streamlined, efficient, and nimble organizations.

Growth in humility through transcending

Transcending is excelling, surpassing, and growing. Growth begins with the humble admission that we can grow and develop.

- Transcending separates us from the smallness of the self by connecting us to the bigger world.
- Transcending encourages us to align ourselves with causes bigger than ourselves.
- Transcending challenges us to grow, evolve, and develop into more complete versions of ourselves.

Growth in humility through serving

Serving binds us to other people. As we serve, we subordinate our interests to the greater good of helping others. Our service humbles us in the presence of others, and we find purpose in this service.

- Serving begins with the attitude of gratitude—that serving is a privilege, not a pain.
- Serving enables us to participate versus dominate. This respects the initiative and input that others can offer.
- Serving encourages us to focus outward, listen more than talk, shine the spotlight on others, and reach out to others without their asking for help.



Benefits

For the individual, you will learn how to:

- Build better relationships
- Find peace and weather the storm
- Live authentically
- Become part of something greater than self
- Avoid the fall from grace
- Remain open to new ideas
- Accept limitations as a liberating truth
- Embrace strengths as a gift
- Practice simplicity
- Become more patient and accepting
- Listen more than talk
- Stay focused on mission and purpose
- Grow into a better version of you
- Develop the attitude of gratitude for serving
- Share the spotlight with others
- Participate versus dominate
- Reach out and take the initiative to help others

For the organization, your employees will learn how to:

- Build stronger teams
- Become more effective leaders
- Tear down the silos that separate and isolate people
- Improve quality and service
- Become more innovative
- Engage change more effectively
- Become more adaptable
- Handle tough times better
- Develop a common philosophy for the organization