



# Patrick Dunn

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## Lead with Soul: How to Lead When You're Running on Fumes

### Speaker Abstract

In every sector, leaders are feeling the strain — running on fumes, pulled in every direction, flooded with noise, and losing sight of what matters. **Lead with Soul** invites audiences to pause, breathe, and rediscover what makes leadership truly transformative — self-awareness, empathy, authenticity, and purpose.

Having lived this journey from both the executive and emerging leader perspective, Patrick Dunn developed the Lead with Soul Methodology, a proven and adaptable framework that helps leaders reconnect purpose, empathy, and performance in a grounded, human way.

Through the Four Pillars of Soulful Leadership — Awareness, Reflection, Alignment, and Service — Patrick blends powerful storytelling with practical insights to help audiences Reflect, Connect, Act, and Regenerate in ways that strengthen relationships, renew motivation, and build lasting impact.

Whether leading a team, a community, or an organization, this session offers a vital reminder: sustainable success begins within.

### Learning Objectives

- **Reimagine Leadership Through Connection**  
Discover how authenticity and empathy strengthen engagement, collaboration, and trust.
- **Integrate Reflection into Action**  
Use the Lead with Soul framework to align values, decisions, and impact in daily leadership.
- **Cultivate Regenerative Cultures**  
Learn how presence and purpose help teams thrive through uncertainty and change.

### Testimonial

*"Patrick's compelling storytelling brings vision, credibility, and heart to every stage he steps onto."*

### References

Barbara McChesney, President, Rotary Club of Windsor | [barbsmcc@gmail.com](mailto:barbsmcc@gmail.com) | 707.477.1518  
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