

THE EDGE OF EVERYDAY

with
SANDRA BARGMAN



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The Edge of Everyday | Episode 6 Show Notes

**1/30/2024 | The Edge of Deep Change:
SQ21 with Cindy Wigglesworth**

Today we are **#LiveInTheHive** with my guest, **Cindy Wigglesworth**, author of **SQ21: The Twenty-One Skills of Spiritual Intelligence**.

What is spiritual intelligence, and how can it unlock the door to discovering deeper meaning, purpose, and presence in these challenging times? How can we begin to live the highest versions of ourselves in both our personal and work lives in a fast changing and increasingly complex world?

Cindy Wigglesworth is the bestselling author of **SQ21: The Twenty-One Skills of Spiritual Intelligence**. Her SQ21 spiritual intelligence self-assessment has created a validated and diversity-appropriate way of having spiritual conversations in the workplace. John Mackey, CEO of Whole Foods Market, calls SQ “the next frontier in leadership.”

Cindy has twenty years of experience in Human Resources management at ExxonMobil.

She has appeared on Oprah, PBS, TEDxLowerEastSide, TEDxSonomaCounty and numerous radio programs and conferences. She is an organizational consultant, keynote speaker, training designer and executive coach and is the founder and President of Deep Change, a company dedicated to helping individuals and organizations integrate and access their DEEP INTELLIGENCE. Her website is www.deepchange.com.

- What is Spiritual Intelligence? Cindy shares a short but powerful presentation on what deep intelligence is, and why it’s necessary in our emerging Leadership landscape.
- What identity does Cindy lead with and what worlds does she walk between?
- What is Deep Change and how can we engage in it?

www.DeepChange.com | @CindySQ21
<https://www.linkedin.com/in/cindywigglesworth/>

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