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Engaging in Wholehearted Leadership

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Engaging in Wholehearted Leadership

A thesis submitted in partial satisfaction of the requirements for the degree Master of Fine Arts in Theatre and Dance (Stage Management) by Cara M. Anderson

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2014
The thesis of Cara M. Anderson is approved and it is acceptable
in quality and form for publication on microfilm and electronically:

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Chair

University of California, San Diego

2014
DEDICATION

To my parents, who have always supported my dreams and taught me to chase them.
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Engaging in Wholehearted Leadership

by

Cara M. Anderson

Master of Fine Arts in Theatre and Dance (Stage Management)

University of California, San Diego, 2014

Professor Lisa Porter, Chair

Thinking with my heart and my mind is a skill that I have cultivated in my graduate studies and an attribute that distinguishes my stage management style. When I allow my work as a stage manager to be supported by my heart, I increase my capacity to empathize with others. This wholehearted engagement empowers me to actively navigate production challenges that defy logic. The process of leading with my heart comes instinctually to me and there have been times when colleagues have challenged this approach to my work. Similarly, the character of Kate in She Stoops to Conquer second-guesses her instincts when encountering challenges in communicating with
By engaging both heart and mind and allowing space for uncertainty, I have found a way to work through these challenges and find solutions. As Kate discovers what is holding Marlow back in *She Stoops to Conquer*, she begins to sense what he needs and therefore begins to adapt her approach. I have learned that by remaining flexible, I am better prepared to serve the work and meet the needs of my collaborators. This process has strengthened my belief in my wholehearted approach and has generated greater capacity for growth. I have learned to trust my instincts and face challenges while inspiring my collaborators and supporting the process of collective artistry with both my heart and mind.