

Mindful Leadership: The Path of Contemplative Dialogue

A training process for tending the spirit of organizations

Led by **Jean Holsten** of ***Bread of Life & The Centre for Contemplative Dialogue***

Dates: 4 day Workshops

- *March 15-16 & April 2-3, 2012*
- *April 27-30, 2012 (In San Diego, CA)*
- *July 16-19, 2012*
- *September 13-14 and October 4-5, 2012*

Two 2-day sessions give you the full 4-day workshop

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CONTEMPLATIVE DIALOGUE

Organizations and communities have tremendous power and potential to impact our world. Yet, far too often our experience of them is disappointing at best and destructive at worst. Bright, competent, caring individuals commonly feel stymied by bureaucracy, 'politics' and conflict in business, education, healthcare, government and church communities.

This training process will develop and deepen participants' ability to work with organizations, leaders and individuals, to respond more effectively to the obstacles and challenges they face. Focusing on the quality of engagement along with learning organization theories and practices, real change in organizational culture happens.

Participants describe experiencing dialogue and mutual understanding in ways they had not imagined or thought possible. They describe an ability to recognize and participate in a collective spirit that supports a variety of ideas, understandings and goals. With this 'group spirit' as a trustworthy starting point, issues of organizational mistrust, systemic and cultural blindness and individual powerlessness all become matters for cooperative and collaborative focus.

The remarkable power of this process creates a safety in which participants can experience being their real and best selves in a group, and work cooperatively for the common good. It provides groups and their members with a greater ability to engage and surmount the challenges they face, and to do so with integrity and compassion.

TOPICS AND SKILLS:

Engaging the Collective Mind of a Group

Awareness and The Human Person: understanding and opening to greater freedom and engagement

Developing Organizational Awareness: understanding and maneuvering through the special challenges of transition

The Stances of Contemplative Dialogue: non-violence, contemplation, reflective openness

Slowing the Inner Movement of a Group for more efficient and creative outcomes

Skills for Dialogue that get to the core of an issue, help focus on values and without provoking defensive responses

The Non-defended Self-to ensure the maximum amount of information is accessible for excellent decision making

Polarity Management that helps us understand dramatically different values and access the positive attributes of both

The Life Frame: Seeing the Depth and Span of Awareness through expanding awareness

TUITION:

Tuition is \$700 for the 4-day workshop. Registration requires a \$200 **nonrefundable** deposit to reserve your space. Send a check with your contact information to Bread of Life Center. Bring your own lunch. Light refreshments are included in the cost. We can help out of town attendees with hotel or other housing arrangements. Checks for registration are made payable to Bread of Life Center. Some scholarship assistance is available for up to 50% of total cost call to inquire. \$100 discount for registrations received 45 calendar days prior to workshop. Workshops may be cancelled by Bread of Life, up to two weeks ahead of event if registration numbers are low—in which case a full refund will be provided.

LOCATION:

All sessions are held at the Bread of Life Center, 650 El Camino Avenue located in the North Sacramento United Methodist Church Building at the corner of El Camino and Cantalier in Sacramento, CA., **with the exception of the February session which will be held in San Diego, CA at a location TBD** (email for more information). We begin at 9:00 am and end by 5:00 pm each day. In addition to these dates we work with particular groups. Call to hear about options for a particular group or organization.

AUDIENCE:

This training is valuable to those seeking to enhance their effectiveness in leading, supervising, or facilitating organizations and their members. The workshop is geared for anyone seeking to enhance the skills and practices that support quality relationships of all kinds.

LEADERSHIP:

Jean Holsten is an experienced Contemplative Dialogue facilitator, trainer, and leadership mentor who has worked successfully with senior corporate, non-profit, congregational, and political leaders; culturally diverse organizations; church bodies and individuals. Jean is a licensed attorney in California who spent much of her legal career working with citizen groups, legislative bodies and special interest groups. She has been a social activist and student of nonviolent social action for decades. Jean has also worked in and with a variety of non-profit organizations as a trainer, consultant, collaborative partner, board member and employee.

PARTICIPANTS COMMENTS:

A CEO says, "I can't even begin to measure the changes. The very fabric of the organization is changing and becoming more co-participative and responsive. I'm letting myself move into 'not knowing' it all as a leader and not being anxious about that."

A Healthcare administrator states, "It's hard to describe the change, but I approach situations differently. Situations that may have become conflicted or worse don't go bad as often. I find that there's a 'trust' built that strengthens the organization... actually helps us deal with the next crisis without the craziness and wasted energy we / I used to invest."

A teacher says, "How refreshing to be working on conversations that have *less heat and more light*. While I like to be right I think that may get in the way of learning and finding the best answer in any given situation.

A faith leader says, "Thank you for showing us ways to work together that honor the values we claim to have yet struggle with in day to day life. The business of our organization can be far removed from the compassion and nonviolence we preach while actually increasing defendedness. You are giving us practices and ways to talk to each other that help us be who we really seek to be."