

Mindful Engagement for Leadership: The Path of Contemplative Dialogue

February 5-6 and 19-20, 2010

9AM to 5PM except on the 20th, 9-3 PM.

Led by **Jean Holsten & Sandra Lommasson** of
The Centre for Contemplative Dialogue
at

Bread of Life
650 El Camino Avenue in Sacramento, CA

CONTEMPLATIVE DIALOGUE: A Training Process for Tending the Spirit of an Organization

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 and church communities alike.



"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."

ACEO

Dialogue is frequently intended, yet diatribe or shut-down too often results.

This training process develops and deepens the ability to work with organizations and individuals to respond more effectively to the obstacles and challenges they face. The practice uses the skills and theory of learning organizations and unites these with powerful contemplative practice from the great spiritual traditions. This synthesis creates broad new possibilities.

The result is a consistent ability to touch and awaken a profound 'common ground' or 'collective spirit.' Participants describe experiencing mutual understanding, the ability to surface and engage 'undiscussables', and creative mutual thinking that emerges in ways they had not thought possible.

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 can 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

The 3-Footed Stance of Contemplative Dialogue:

- non-violence
- contemplative noticing
- reflective openness

Practices that Engage the Collective Mind and Wisdom of a Group

Freedom and the Human Person

Developing Organizational Awareness

Slowing the Inner Movement of a Group

Essential Skills for Dialogue

Cultivating the Non-Defended Self

Noticing and Managing Polarities

The Spiritual Context of Dialogue

The Life Frame: Seeing the Depth and Span of Collective Spirit

"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. And I find that there's a 'trust' built that strengthens the organization... and actually helps us deal with the next crisis without the craziness and wasted energy we / I used to invest."

Hospital Administrator

TUITION:

Tuition is \$669 . Registration requires a \$200 nonrefundable deposit to reserve your space. Deduct a \$75 early registration discount for registrations received 60 days *prior* to event start date. Lunch and 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.

DATE & LOCATION:

February 5-6 and 19-20, 2010 . Bread of Life Center: 650 El Camino Avenue located upstairs in the North Sacramento United Methodist Church Building at the corner of El Camino and Cantalier St. in Sacramento, CA. Begins at 9:00 am each day and ends at 5:00 pm each day with the exception of the last day when the session will end at 3:00 pm.

AUDIENCE:

This training is valuable to those seeking to enhance their effectiveness in leading, supervising, or facilitating organizations and their members. The workshop is both for people who consider themselves leaders and for those who do not.

LEADERSHIP:

Jean Holsten & Sandra Lommasson will facilitate the workshop. Both Jean and Sandra are experienced Contemplative Dialogue facilitators, trainers, and leadership mentors who have worked successfully since 2002 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. A social activist and student of nonviolent social action for decades, Jean has worked in and with a variety of non-profit organizations as a trainer, consultant, collaborative partner, board member and employee. **Sandra** is a spiritual director, educator, retreat and workshop facilitator who works with individuals, small groups, congregations, regional and national groups. In October of 2008, Sandra co-facilitated the International Merton Retreat in Kentucky using dialogue as the basis for engagement of a diverse religious and political group from the U.S. and Canada.

For additional information call 916-648-1803

www.breadoflife.org