



“Problems cannot be solved by the same level of thinking that created them” (A. Einstein)

Cultivating Mindful Leadership Presence

A powerful workout in mindfulness practice & generative conversation for leadership

**A 2 Day Interactive Learning Workshop,
November 22 & 23, New Plymouth, Taranaki**

Led by Lisa Markwick and Stephen Archer

Today’s constantly changing context demands that leaders be intellectually agile, emotionally attuned, physically (and virtually) available, and that we are alert to signals of the future as it emerges. In short leadership asks us to be “present” in all senses of the word. Although most of us realise that these qualities are crucial, they tend to show up only occasionally, due to habitual practices of “I know”, the pressure of “being busy”, the drive for quick answers and the allure of narrowing perception.

This workshop very purposefully guides you through the practice of mindfulness (a systematic discipline for becoming most fully present), its application to leadership, and its power to enlighten and innovatively open-up and focus conversations. Given that at least 80% of a leader’s day is spent in the work of conversation, this is a vital practice. Are you effective in engaging in the conversations that matter...those that allow us to engage as actors not spectators? Those that give birth to new “brilliance”, and allow your team to be alert to signals of the future as it emerges?

Mindfulness recognises the quality of our attention as a fundamental agent for transformation. *“Shifting the structure of attention does for organizations what meditation does for individuals: it deepens the process of becoming aware and increases the number of options for responding to a given situation. The art of leadership, from this perspective, is about facilitating the practice of collective meditation-in-action.”* - Otto Scharmer.

Learning Objectives

- Develop the practice of mindfulness as a core currency for leadership today.
- Build the capacity to engage strongly and mindfully in the “conversations that matter”, while remaining open to emerging dynamic outcomes.
- Embody the power of focussed, yet open, attention and quality conversation for leadership.

"I found the 2 day mindfulness retreat a real sanctuary for reflection, contemplation, serenity and inner bliss. I'd definitely do it again...."

Dr Samir Heble, Exec Clinical Director MH Services, Taranaki DHB

Main Contents

- A serious work-out in the practice of mindfulness meditation, mindful attention and mindful dialogue
- Explore practical links between mindful practices, leadership presence, and generative conversation
- Engagement and coaching in generative conversation with peers - cultivating authentic presence, deep listening and releasing creativity, while purposefully addressing questions at the heart of leadership practice.

This workshop will involve periods of stillness and quiet and is designed to activate parts of our selves which are seldom in use. Come prepared to actively participate in the spirit of inquiry and curiosity

Venue

New Plymouth, Taranaki, venue to be confirmed, 9am-5.30pm, November 22 & 23, (plus evening of 21st from 6-8.30pm contingent on suitable venue) 2010

Cost

Please register before October 8th and receive the rate of \$695 including great food (GST incl.). After October 8th rate: \$795 (GST incl). (Cost of optional accommodation and dinners/ breakfast extra and contingent on suitable venue)

A number of places are available at a reduced rate of \$495 (prior to October 8th only) for not-for-profit leaders and social entrepreneurs. To apply, e-mail Lisa with your details and interest in this work.

Registrations are limited to 15 people so please register early to secure your place.

Registration

Please email Lisa at lisa@mindfuladventures.co.nz expressing your interest. We will send you registration details.

Further information Call Lisa 021 313323 or e-mail lisa@mindfuladventures.co.nz or

Stephen 0274 356352, stephenarcher@wellness-solutions.co.nz

also see: www.mindfuladventures.co.nz/facilitation/index.htm

Workshop Facilitators



Lisa Markwick (Msc,PGDipClinPsych) is a consultant Leadership Psychologist and innovation facilitator. Her special interest is social entrepreneurship; facing up to the leadership & active citizenship that opens up new possibilities. She has been in the field of leadership development (as a coach, programme designer & facilitator), and mindful approaches to transformation, for over 20 years, with a professional grounding as a Clinical Psychologist. Lisa is dedicated to hosting and engaging in mindful "conversations that matter" to shift our world (our people, organisations, our communities) towards agile dynamic mindsets and emergent actions that are "gutsy" (make the differences worth making). Her clients span multiple sectors. Lisa is Director of Mindful Adventures.

Stephen Archer (B.A.Hons) is a mindfulness trainer and wellness consultant. He is passionate about exploring the capacity of mindfulness to generate sustainable wellbeing and quality thinking. He has been involved with Health & Safety and HR initiatives in New Zealand forestry, aviation and fishing, prisons, government departments and the mental health sector. Stephen has a degree in Eastern religions & trained for 13 years as an ordained Buddhist monk. He also facilitates mindfulness-based stress reduction programmes and residential retreats, and has led workshops in UK, Asia & Australia. Stephen is Director of Wellness Solutions.

