

Cultivating Mindful Leadership Presence

A powerful workout in
mindfulness practice &
generative conversation
for leadership



Vaughan Park Retreat Centre, Long Bay

2 day live-in Interactive Learning Workshop, November 13-15, 2011, Auckland Led by Lisa Markwick and Stephen Archer

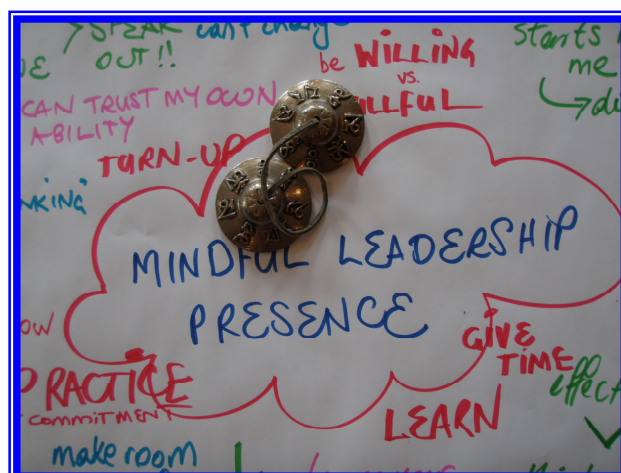
Today's constantly changing context demands that leaders be intellectually agile, emotionally attuned, physically (and virtually) available, and that we are alert to signals of the future as it emerges. In short **leadership asks us to be "present"** in all senses of the word. Although most of us realise 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.



“These days were overwhelmingly useful. I discovered the power of letting go of being right, and letting the solution come, thank you” senior executive, Taranaki

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 your own 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

Vaughan Park Retreat Centre, Long Bay, Auckland. Beginning 5.30pm Sunday November 13th and closing 5.30pm Tuesday 15th November 2011

Cost

Please register before October 2nd and receive the rate of \$1200 (plus GST) including all meals, 2 nights' accommodation and workshop fee. After October 2nd rate: \$1550 (plus GST).

A number of places are available at a reduced rate of \$900 (plus GST) for not-for-profit leaders/ community innovators. To apply and for conditions, 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 Stephen at stephenarcher@mindfulness-training.co.nz expressing your interest. We will send you registration details.

Further information Call Stephen 0274 356352, stephenarcher@mindfulness-training.co.nz or Call Lisa 021 313323 or e-mail lisa@mindfuladventures.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 educator and trainer. He is passionate about creating contexts where people can explore mindfulness and discover how it can assist them to access sustainable wellbeing and generate new and transformative perspectives. Stephen has been involved with mindfulness for over 30 years and began practicing mindfulness meditation while he was completing an honours degree in Eastern religions. He then trained for 13 years as an ordained Buddhist monk in the Thai forest tradition under the tutorage of Ven. Ajahn Sumedho. Stephen facilitates mindfulness programmes in Primary Health Care and workplaces. He also offers residential retreats and public courses. Stephen is Director of Mindfulness Training.

