



# NHBSR Conscious Business Leadership Program

## Presented by Sojourn Partners

### Conscious Leadership: It's about Sustaining People, Planet and Profit:

The business climate in America is changing. We all want to engage in meaningful work and to be part of a culture that brings out the best in our humanity. Likewise, customers are looking for brands that simply help create a better world. Conscious companies like Whole Foods, Patagonia and New Hampshire's own W.S. Badger understand that businesses can do good through valuing its people, communities and planet while creating a profit. The path to sustaining that calling lies within conscious leaders who apply emotional intelligence, systems thinking and mindfulness into their missions – and do this well.



### Program Objectives:

1. Cultivate your **eco-consciousness** through a better understanding of yourself and your **stakeholder relationships**.
2. Evolve your team culture with a **diversity, equity and inclusion** lens of leadership to change the narrative of best practices.
3. Explore the **deep humanity** of your leadership to sustain what you want most out of your business, your people, your communities and the planet while creating **good profit**.
4. Develop and maintain **self-care** practices, including **mindfulness**, towards enhancing **resiliency** and **agility**, in support of leadership transformation.
5. Assemble a conscious **leadership toolbox** derived from dialogue and **experiential learning** in real time.
6. Create a personal development and business **sustainability plan**, which lives beyond the program.
7. Connect with a **tribe of conscious leaders** to support you with resources for your journey in and after the program.

### About NHBSR:

New Hampshire Businesses for Social Responsibility is a statewide nonprofit membership organization that convenes, inspires and supports businesses and their community stakeholders to build a more sustainability and prosperous New Hampshire. NHBSR believes that businesses can do well while doing good by sharing stories, best practices and bottom-line results.

### Sojourn Partners:

Sojourn Partners is a conscious company on its own development path. We have “partners” in our name because we believe in collaborating deeply with community stakeholders to coach and develop exceptional leaders and teams. Our multi-disciplinary team has been delivering leadership development for over 20 years to empower leaders in their own evolution.

# NHBSR CBL 2021

## Meeting Descriptions

### Meeting #1: Developing a New Vision

What is conscious leadership in our brave, new world?

### Meeting #2: Understanding Our Wiring

"Ohhhh that's why you do what you do..." Exploring personality and communication styles in leadership.

### Meeting #3: Leading From Love

Conscious leaders speak intentionally and with great care even when being direct. Learn how to access and speak with your colleagues, teammates, and friends from your deepest sense of humanity and power.

### Meeting #4: Owing Our Stories

Understanding the psychology of our stories and how they influence our decision-making and leadership behavior.

### Meeting #5: Self-Care: Cultivating Mindfulness

Developing a practice for clarity and focus – mindfully and somatically.

### Meeting #6: Self-Care: Responding Resiliently

Befriending and embracing obstacles as allies for new growth.

### Meeting #7: Honing Uncommon Agility

Choose to respond to the unknown rather than succumb to reacting to it. Learn to pull from creativity, wisdom and play.

### Meeting #8: Exploring Enough-ness

Harnessing the transforming power of what is enough.

### Meeting #9: Leading With Diversity, Equity & Inclusion Part I

Evolving your team by changing the narrative. Integrate new priorities into best practices.

### Meeting #10: Leading With Diversity, Equity & Inclusion Part II

Evolving your team by changing the narrative. Integrate new priorities into best practices.

### Meeting #11: Making It Sustainable

With attuned awareness and application of new knowledge, skills and abilities, conscious leaders can shift the culture of their organizations toward impactful sustainability planning.

### Meeting #12: Weaving Courageous Consciousness

How do we begin again and again, doing the deeply courageous work of conscious leadership in our communities?



## Testimonials

**"100% worth it."**

-Brett Cromwell, Medtronic

**"Extremely helpful! Eye opening program with fun, authentic, kind, and inspiring presenters. Be prepared to learn about yourself."**

-Heather Iworsky. Revision Energy

**"A very worthwhile investment to be a better leader and a better you. I highly recommend it."**

-David Greer, Wirebelt

## How to Apply

Go to [www.NHBSR.org/CBL](http://www.NHBSR.org/CBL)

Program starts January 7, 2021.

## Location

Online

## Your Investment

\$3,000/person all-inclusive for 6-month program.

\$3,500/person non-member.

20% discount for groups from the same organization