

Art of Conscious Leadership

January 25th, 2022, 9:30 am-3:30pm

- 9:15 Welcome arrivals
- 9:30 Opening Activities, Setting Intentions and Focus
- 10:00 Naming and working with the current and immediate struggles
- 11:00 Embodied leadership pathways/Accessing the wisdom of the body/ Applications to current challenges related to VUCA
- 12:00 Mindful nature practice/shifting perspective to unearth creative solutions
- 1:00 Lunch Break
- 1:45 Mindful Meditation, Movement and Words/Living our vital values
- 2:00 Aligning vital values with current climate: opportunities and challenges
- 2:30 Integration: Applying the days' learning to your real world
- 3:00 Resourcing, intentions and commitments
- 3:15 Closing activities
- 3:30 Adjourn