



mindful adventures

Tapping into wisdom – **Mindfulness and Leadership** – an exploration Auckland 2016



The world of leadership needs something new. As leaders, we need to thrive in a mess of uncertainty, of ambiguity, of constant shifting sands – and, paradoxically, it's expected that we'll make quick, firm and, most importantly, wise decisions.

Mindfulness is ancient wisdom and its time has come now. Mindfulness is a way of seeing and being in the world. It is an essential leadership practice. It's a way of being in the present - a way of being open and aware and friendly. It's about connecting to unconditional regard or confidence. It has a foundational practice of meditation and it's much more than that. It is about being wise, visionary and practical in the world. Arguably mindfulness is akin to activism. It's hard not to take action when you get, deeply in your bones, that everything is joined up and all is connected.

How might we broaden our ability to make wise decisions in a messy landscape?
...To not hang on so tightly to our thoughts, to our sense of what is correct.

What does it take to be open to the views of others and to actually gain wisdom from collective inquiry? ...To be spacious in our leadership.

What if we just don't know?

Make wiser decisions... fine-tune your perception

Join a small group of leaders in Auckland for
a 10 week exploration of the Practice of Mindfulness in Leadership
July 26th to October 4th (fortnightly) 2016.

Why? - to support wise action. Often there truly are no "right answers." Mindfulness is a conduit to direct perception - beyond our story of what is - and toward a way ahead, more deeply informed and less personally reactive – increasingly wise!



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What? A series of 6 small group meetings mostly over August and September, plus a follow up session in November. Embedding the formal practice of mindfulness meditation, the discipline and informal practice of non-judgmental attention, peer inquiry, and guidance around application to your leadership. This series includes a full day retreat.

Who? A small group of about 7-9 leaders. Leaders who realise that the old all-knowing-attitude just doesn't have a place any more. You know that you must now tap into your deeper wisdom and that of others; that you must sense your way forward into a future worth creating; that your role requires you to pay attention in a particular way to be potent. This group is suitable for experienced as well as new meditators. It's for people in action in their lives.

How? Here are the details -

Tuesday 26th July - 7am till 11am - Understanding our Human-ness - seeing what is.... (St Columba Centre - 40 Vermont Street - Ponsonby)

Tuesday 9th August - 7am till 9.30am - Letting go of Striving (St Columba Centre)

Tuesday 23rd August - 7am till 9.30am - Wise Action (St Columba Centre)

Tuesday 6th September - 9.00am till 4pm - **FULL DAY RETREAT** - Embracing spaciousness - Mary MacKillop Centre – Kohimarama

Tuesday 20th September - 7am till 9.30am - Integrating Mindful Leadership and Life (St Columba Centre)

Tuesday 4th October - 7am till 10am - Endings and Beginnings (St Columba Centre)

and a follow up session about 6 weeks later - date to be agreed with group.

Rate - \$1500 plus GST (Inclusive of detailed notes, guided MP3 recordings, all sessions facilitated (with light refreshments provided), 1-1 or online communication as requested, lunch on retreat day)

What Now?

- Diary these dates and times (NB duration of each session varies).
- RSVP yes to me now and I'll send you booking details, or just call me.
- Contact me with the names of any others you'd like to join us.

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