

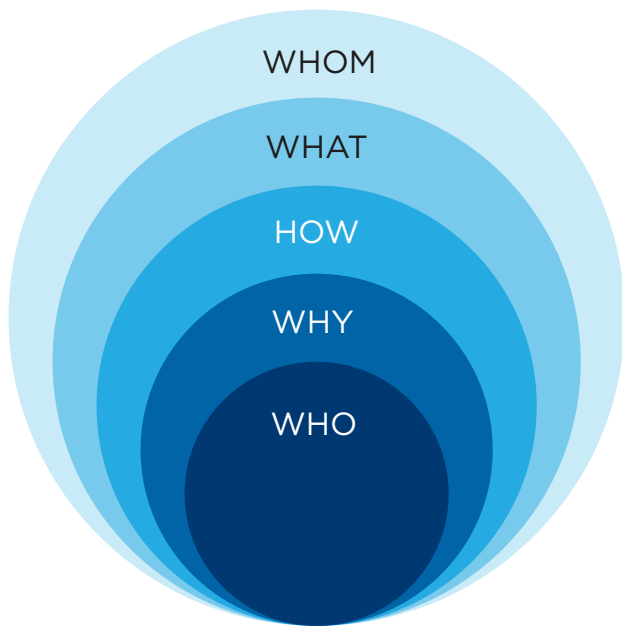


A Transformational
Leadership Workshop
for all
Business & Organizational
Managers & Leaders

KaushalamX

Inside-Out Personal Transformation Program

heartfulness



From Being to Leading

NEXT FRONTIER IN LEADERSHIP: INSIDE-OUT PERSONAL TRANSFORMATION PROGRAM

The workshop introduces participants to experience the breadth of Mindfulness and depth of Heartfulness practices to break free from behavioural patterns of the past, elevate consciousness & evolve as 'transformed' leaders ready to embrace the future with confidence, clarity & poise.

You cannot understand a system unless you **change** it.

You cannot change a system unless you transform **consciousness**.

And you cannot transform consciousness unless you make the system **sense and see itself**.

Otto Scharmer, MIT

Senior Lecturer at Massachusetts Institute of Technology, Author of Theory U, Co-Founder of Presencing Institute



THE FUTURE OF LEADERSHIP

We live in a time of increasing disruption, collectively creating results that are not sustainable. Climate change. Epidemics. Hunger. Poverty. Violence. Terrorism. Destruction of communities, nature, life - the foundations of social, economic, ecological, and spiritual well-being.

This time calls for a new collective leadership capacity to meet challenges in a more conscious, intentional, and strategic way. But leadership theories struggle to equip leaders with the means (or methods) of dealing with such rapid and intense changes. According to Otto Scharmer, the reason for that dilemma is that we are blind to the deeper dimension of leadership and transformational change. This 'blind spot' exists not only in our collective leadership but also in our everyday social interactions. We are blind to the 'source' dimension from which effective leadership and impact comes into being.

We know a great deal about what leaders do and how they do it. What about the inner place, the source from which they operate? It is this source, this awareness that 'Theory U' attempts to explain. Heartfulness invites us to access and operate from the innermost quality of our being, to reach new realms of awareness and consciousness.

WHY THIS PROGRAM?

“Increasing your impact as a leader through centredness and heightened consciousness.”

Leaders in institutions around the world face unprecedented economic, social, ecological and political challenges. These challenges will only multiply in the next years, and leaders must confront them.

They can respond in conventional reactive ways, or they can create opportunities for innovation by rethinking how governments operate, redesigning business models and social change protocols, and working more collaboratively across sectors.

This program provides a platform for leaders to discover and test new ways of operating and to put their ideas into action.

Format of sessions will largely be interactive and experiential with time for practice, introspection, peer learning, guest speaker exposure and some physical & rejuvenation time.

Participants will learn:



A range of innovative techniques around Mindfulness (breathing, attention training, sensing...) and Heartfulness (relaxation, meditation, rejuvenation...) for enhanced awareness and inner transformation;



Some principles and practices from Theory U;



A unique style of Heartful Communication bridging simplicity, effectiveness and connection;



Latest principles and practices around centredness and heightened consciousness;



The power of poise, introspection and learning from peers.

WORKSHOP PRE-WORK

Pre-workshop Questionnaire

Facilitators will send a short questionnaire to learn more about the participants and discover what kind of challenges or opportunities they may be wrestling with in their current line of work.



Learning About our Methodologies

Participants are invited to watch exposure videos, in their own time, and in the order given. Total viewing time: less than 25 min.

The clips feature Dr Otto Scharmer (MIT) and will begin to familiarise participants with some of the underpinning principles of this learning journey which will give them a common base from which to kick off.

Systems Thinking & Theory U

1. [10% above the surface](#) (5.48min)
2. [90% below the surface](#) (6.58min)
3. [Introduction to Theory U](#) (9.39min)

Heartful Communication

Through the practice of Heartful Communication, we learn to clarify what we are observing, what emotions we are feeling, what values we want to live by, and what we want to ask of ourselves and others. We will no longer need to use the language of blame, judgement or domination. We can experience the deep pleasure of contributing to each others' well being and inner fulfillment.

Inspired by Nonviolent Communication: www.cnvc.org

Heartfulness Masterclasses

We suggest participants attend the 3 online Heartfulness masterclasses to become familiar with simple techniques of Relaxation, Meditation, Mental Detox and Connection.

www.heartfulness.org

WORKSHOP AGENDA



ARRIVAL

Hotel check-in/Registration	18:00
Welcome Dinner	19:30 - 21:00



HEARTFUL COMMUNICATION

Health & Wellbeing: Yoga, Empathic Walk (optional)	7:30
Mind, Heart & Self: Science & Meditation Practice	9:00
Introduction, Deep listening & Activities	10:00
Lunch	12:30
Heartful Communication & Activities	14:30
Keynote Speaker / Panel Discussion with Experts	17:00
Mind, Heart & Self: Meditation Practice	18:00 - 18:30
Dinner	19:30



CENTEREDNESS & CONSCIOUSNESS

Health & Wellbeing: Yoga, Empathic Walk (optional)	7:30
Mind, Heart & Self: Science & Meditation Practice	9:00
Consciousness Quotient, Decision Making & Activities	10:00
Lunch	12:30
Emotional Quotient & Activities	14:30
Keynote Speaker / Panel Discussion with Experts	17:00
Mind, Heart & Self: Science & Meditation Practice	18:00 - 18:30
Dinner	19:30



IMPACT

Health & Wellbeing: Yoga, Empathic Walk (optional)	7:30
Mind, Heart & Self: Science & Meditation Practice	9:00
Influence & Impact	10:00
Lunch	12:30
Closing	14:30 - 15:30

POST-WORKSHOP

Special benefits for the participants of the workshop:

- A Heartfulness Trainer on call
- Mobile App to practice tools and Magazine
- Access to library and day facilities in 500+ Heartfulness Centres globally
- 3 to 7 days contemplation retreat with family at centres in Denmark, Malaysia, France, USA, Germany, Malaysia and India (Kerala, Pune, Kharagpur).

Heartfulness
Retreat
Centres



PROGRAM DETAILS



VENUE:

Heartfulness Institute, [Kanha Shanti Vanam](#), Kanha Village, Nandigama Mandal, Ranga Reddy District, Telangana 509325.

A place that draws people from all over the world to meditate, mental detox and connect.

An oasis which supports human flourishing and consciousness transformation.



DATES:

Thursday, **Apr 11**, 18:00 hrs to Sunday, **Apr 14**, 15:30 hrs



LODGING:

Pearl Hotel, Kanha Shanti Vanam. Symbiosis of elegance, simplicity and comfort.

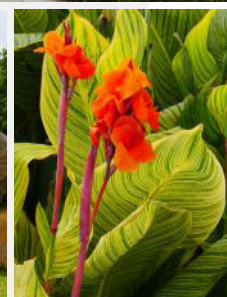


PRICE:

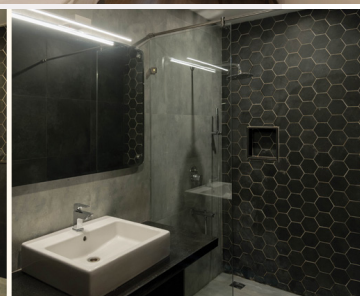
INR 15000 + GST for lodging at Pearl Hotel & food only

The training programme is conducted by experts of the Heartfulness Institute on voluntary basis. Voluntary donations are welcome to support the institute.

Kanha Shanti Vanam



Pearl Hotel Kanha Shanti Vanam



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Keynote speaker

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REGISTRATION

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