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"You have capacities within you that are phenomenal, if only you knew how to release them." – David Bohm

EFFECTIVE
LEADERSHIP
&
MEDITATION

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HOW DO WE REACH EFFECTIVE LEADERSHIP?

No matter what systems you learned and use, ultimately, inescapably it is you who are the instrument that decides. Your condition of body and mind affects everything you do and how others feel and interact with you and each other. It is your state and level of awareness that brings body, mind and emotions together to act. A cloudy lens distorts all you can see, the decisions you make and how others can see you. Your awareness is that lens. It determines the scope and quality of the leadership you can deliver. It can be refined, extended and mastered through a practice of meditation.

The leadership we strive for in this VUCA time requires situational awareness. Situational awareness means we can bring out our best outcome from any situation. It means we can act flexibly to enact our central purpose and values. For situational awareness we need meditation skills for dynamic awareness, practical intuition, perceptual clarity, and the capacity to make wise choices. With situational awareness we can engage life as a brilliant improvisation filled with constant change, opportunity and learning. We can seamlessly use both analytic assessment and intuitive discernment. We can bring our full presence and timely action for a wise choice in each moment.

“The changes in which we will be called upon to participate in the future will be both deeply personal and inherently systemic... As Otto puts it, “This blind spot concerns not the what and how—not what leaders do and how they do it—but the who: who we are and the inner place or source from which we operate, both individually and collectively.”

Peter Senge, *Presence*

“Becoming a leader is synonymous with becoming your self. It is precisely that simple, and it is also that difficult.”

Warren Bennis

MEETING VUCA

Augmenting our practical intuition is essential to the flexibility of our mindset and world view that the complexity of our VUCA times demand. As we augment our practical intuition and cultivate dynamic awareness of the entire landscape, we see new opportunities, discoveries and find answers. When we can see differently, everything seems new – even what was right in front of us all along. With practical intuition, we allow the unseen; we invite the question – the better question – that we did not know we were asking to arise. We illuminate and motivate our next step. We begin to sense the emerging future in the present. To augment practical intuition so we can see what we cannot see, we need a new way to think, new measures to use, and a capacity for deep listening. Then the arena we compete in and the landscape we play on reveal their secrets. Meditation is a powerful practice that awakens intuition.

We refine our perceptual clarity so we can manage uncertainty and avoid the many habits and blocks that come from cognitive illusions and instincts that are natural to our mind and brain. We make wise choices with good timing, clear purpose and wholeness. With each choice we learn and strengthen our capacity for effective leadership and situational awareness.

Ultimately, we can contribute to a better world as we do well and do good. We can act from our whole self and trust our self no matter the situation. We can effortlessly act from the power of our inner integrity. We can sense the compass of our true self and heart.

To reach this quality of leadership in a VUCA world, we must train our mind, emotions and body to synchronize. No amount of technology or AI system can remove this critical element of you and your awareness. There is no time out. How do we see through the reactions and habits of our mind and embrace the clear purpose we want to share and lead with? How do we recognize our whole self and know we act from that? That is what this course helps you address for yourself.

“LEADERS HAVE TO DEVELOP A NEW COGNITIVE
CAPABILITY – THE CAPACITY TO SENSE AND
ACTUALIZE EMERGING FUTURES.”

Joseph Jaworski, *The Red Book*

PROGRAM OVERVIEW

In this program we go to the heart of leadership in a VUCA world: you, your inner clarity and your level of awareness. With situational awareness, leaders learn to see clearly what is, sense the emerging future and act from wise choices. You will also learn goal specific meditations for resilience under stress, and clarity in complexity. Practical, effective meditations do not take time; they return time to you multifold to get things done aligned to your purpose and with fewer missteps. With dynamic awareness, practical Intuition and perceptual clarity you can shine and bring the highest powers of inner integrity and wise choices to your leadership. Situational awareness through meditation connects and accelerates the work of becoming a clear channel and creating the space for stellar teams.

Participants will...

Learn the Four Keys of Effective Leadership

Learn...

- To Practice Powerful Meditations for Dynamic Awareness
- To Augment Your Practical Intuition
- To Refine Your Perceptual Clarity
- To Make Wise Choices

Experience how building a personal capacity for situational awareness allows you to create a new level of freedom and self-trust as a leader in VUCA times. Find confidence to shift world views and unlock new insights.

- Experience techniques to quickly shift your inner state and enhance judgment
- Recognize and unlock the constraints from unconscious bias
- Experience the ease to reach deep stillness and neutral mind in minutes
- Experience resilience and balance in high demand, uncertain situations
- Improve the effectiveness of your mind and your personal level of awareness

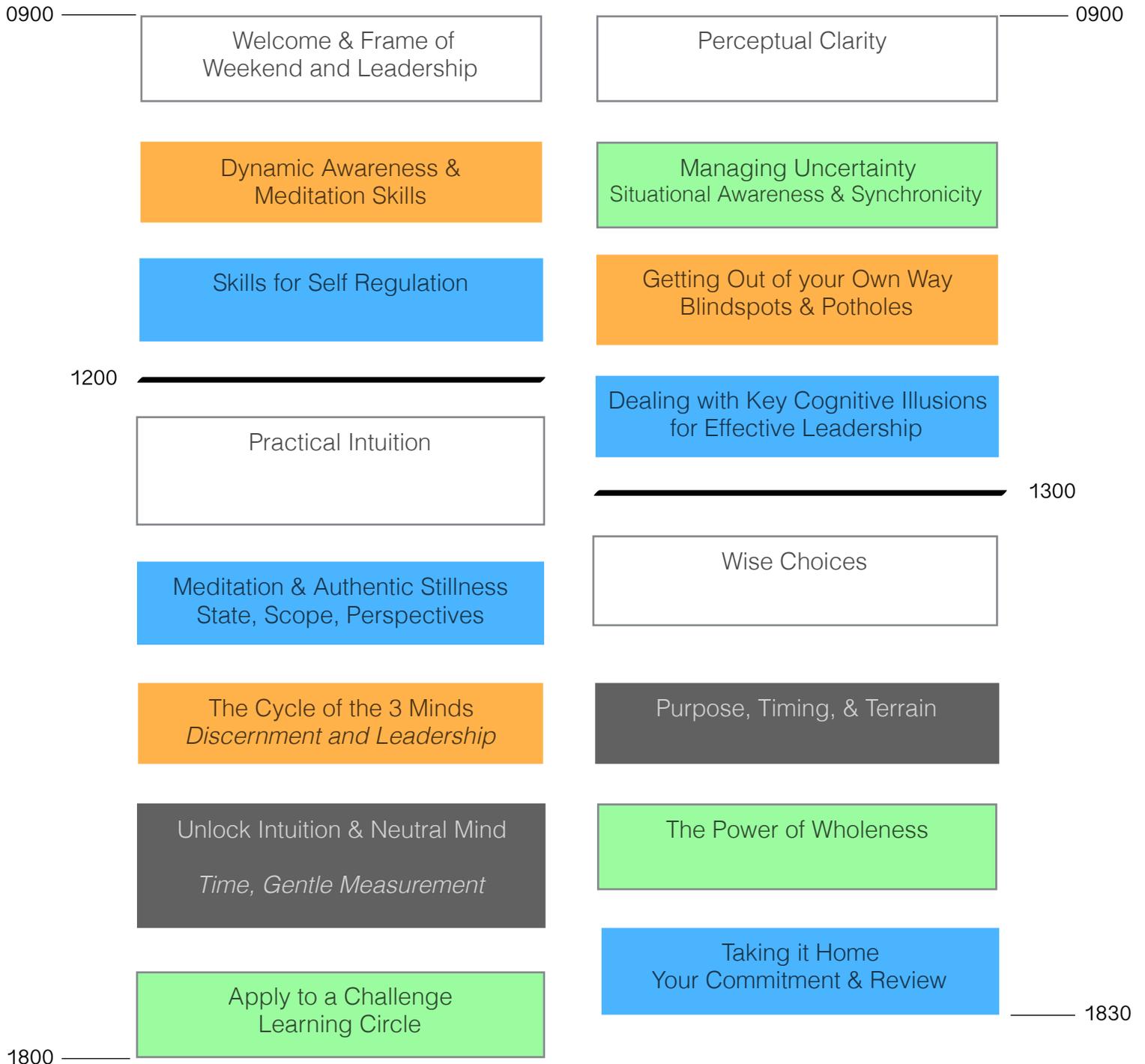
Practice how to elegantly shift the modes of your mind and the level of dynamic awareness you and your teams operate on.

- Practice your capacity for stillness, ready to engage with others creatively
- Practice the use of your three basic modes of mind to rapidly gain perspective on problems you face
- Practice practical intuition for situational awareness
- Practice reducing cognitive biases for better flexibility, insight and avoidance of costly decision errors

Apply these tools to your own growth and journey as a leader by,

- Bringing practical intuition and perceptual clarity to important challenges
- Comparing and contrasting your experiences with others
- Making a bespoke plan of meditative experiments to enhance your leadership effectiveness over the next 60 days

FLOW OF THE PROGRAM



WHAT YOU WILL GAIN FROM THIS PROGRAM

An Integral Leader leads from clarity, heart, intuition and wisdom. He or she builds a culture of creativity and shared exploration and accomplishment. A transformative leader values and recognizes the unique potential in each person. Such leadership takes ownership to courageously manifest the potentials of each situation and listen deeply to each person in every team.

Individually, the primary outcomes are distinct improvements in personal awareness, perceptual clarity and the use of intuition to create situational awareness. You will know how to use meditation in leadership. You will leave well equipped for increased resilience, flexible focus and wiser choices.

Organizationally, the primary benefit is more effective and dynamically aware decision making and the capacity for timely action together.

Technically, you will know how to use meditation to accomplish all these. You will have a much wider understanding of the useful and practical application of meditation. And you will have a collection of powerful techniques for clarity, intuition and authentic stillness.

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Learn more about Gurucharan and the Center for Integral Leadership at:

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