



INTEGRAL LEADERSHIP MASTERY PROGRAM

Mastering Life's Transitions

August - November 2026

Frequently Asked Questions

Learn more and register: itp-international.org/ilm2026

What is Integral Leadership Mastery?

Integral Leadership Mastery (ILM) is a four-month leadership development experience for people living through significant change — professionally, personally, or both. Rather than teaching leadership as a set of techniques, it helps you become the kind of leader who stays centered, intentional, and effective while life itself is changing.

The premise: change happens to everyone, and leadership is demonstrated by how we navigate transition. Most of us were taught how to achieve. Very few of us were taught how to navigate transition. **Life is in the transitions. Leadership is built there.**

When and where does it take place?

ILM 2026 opens with an in-person weekend retreat August 21–23 at the University of Redlands, Marin campus, in California.

The retreat is followed by guided group coaching and mentoring on Zoom, every other Saturday at **9:00 a.m. PT**:

- September 12 and 26
- October 10 and 24
- November 7 and 21

What is the opening retreat like?

The three days are designed to be restorative rather than demanding. You stay at the University of Redlands' Marin campus, all meals are included, and the pace leaves real room to breathe — including an optional evening labyrinth walk.

The purpose of slowing down is practical. Most people arrive in the middle of a transition they haven't yet had time to look at directly. So rather than rushing to solve problems, the retreat makes space to sit with four questions:

- What is ending?
- What is emerging?
- What is asking to be developed?
- What future is trying to come into being?

By the end of the weekend the retreat has done three things: established trust among the group, introduced the practices you'll carry through the next four months, and formed the learning community that continues online through November.

How does the rest of the program work?

A cohort of ten. The group is capped at ten so that participants can experiment, receive coaching, and witness each other's growth over the full four months. This community is an essential part of the experience.

Guided group coaching and mentoring. After the retreat, the cohort meets online every two weeks through November to apply the practices to real situations. Each participant also receives **two individual coaching sessions** with the program convenors, both professional coaches, so the learning becomes personal.

Integral practice. The program is grounded in Integral Transformative Practice (ITP), developed by George Leonard and Michael Murphy. Participants work intentionally with four dimensions:

- **Body** — vitality, movement, regulation
- **Mind** — perspective, learning, reflection
- **Heart** — relationships, emotional intelligence, compassion
- **Soul** — purpose, meaning, imagination, deeper calling

Lasting leadership grows through the integration of all four, not through intellect alone.

Daily practices. Participants don't simply discuss transition — they practice navigating it, through visioning, journaling, body awareness, partner coaching, and the ITP Kata. The goal is habits that continue long after the program ends.

What makes this program different?

Many leadership programs teach people how to influence others. ILM begins somewhere else. It asks: **Who are you becoming while your life is changing?** The emphasis is less on new techniques and more on awareness, resilience, presence, and the capacity to respond wisely under changing conditions.

Who is it for?

ILM is designed for people in transition — stepping into a larger leadership role, changing careers, leading an organization through change, shifting in a parenting role, facing loss or grief, following a new calling, or simply sensing that the old way no longer fits.

It is particularly valuable for people who support others — leaders, coaches, educators, nonprofit executives, healthcare professionals, and community builders — because they learn practices they can bring into their own work.

What impact can I anticipate?

Participants don't leave with a binder full of leadership models. They leave with clarity about the transition they are living, daily practices they can sustain, stronger coaching and listening skills, and a network of peers who know their story.

Ultimately, the program helps people move from reacting to change to intentionally shaping the next chapter of their lives and leadership.

How do I learn more or register?

Visit www.itp-international.org/ilm2026.