

INTEGRAL LEADERSHIP MASTERY PROGRAM

Mastering Life's Transitions

August – November 2026

Develop your superpowers to navigate life's transitions!

ITP International presents Integral Leadership Mastery – Mastering Life's Transitions, a transformative program designed for those seeking clarity, wholeness, vitality, and purpose during times of change.

Transitions bring highs, lows, and everything in between. By integrating Integral Transformative Practice, you unlock new possibilities, cultivate resilience, and move forward with grace and confidence.

This 4-month program blends Integral Transformative Practice with coaching techniques for navigating change. In a cohort of 10 participants with two expert facilitators, you'll embark on a journey of self-discovery, visioning, and growth supported by a practice community committed to positive transformation.

Integral Leadership Mastery Highlights

- Learn to spot transitions and the role they play in your personal, professional, physical, and spiritual life
- Discover personal insights about your leadership through visioning exercises and dyad sharing
- Engage in the multiple learning modes of writing, visualization, reflection, mindful movement, somatic practices, relaxation, and community participation
- Navigate change with confidence, moving through endings, messy middles, and new beginnings by engaging with integral practices
- Enhance energy awareness to respond to personal and group dynamics with greater ease
- Design a transformative action plan grounded in ITP's 9 Core Practice Intentions to flourish where it matters most

Program Schedule, Fee & Details

Zoom sessions start at 8:00 am PT with the ITP Kata

Program start, in-person retreat at University of Redlands, Marin, CA

Aug. 21–23 4:00 - 12:00 pm (Fri–Sun)

September 12 9:00 - 12:00 pm PT

September 26 9:00 - 11:00 am PT

October 10 9:00 - 12:00 pm PT

October 24 9:00 - 11:00 am PT

November 7 9:00 - 12:00 pm PT

November 21 9:00 - 11:00 am PT

Registration Fee \$1,500 | \$1350 ITPI Members receive 10% off

Includes 30 hours class time, 6 hours Kata instruction and practice + 2 hours of coaching – 38 program hours

CLICK HERE TO GET STARTED

Elevate your leadership practice to a new level.

ITP is a structured, integrated framework that cultivates the mind, body, heart, and soul. Recognized as the gold standard for unlocking human potential, ITP provides sustainable practices for achieving balanced personal growth and positive transformation.



For further information visit: www.itp-international.org/ilm2026
Contact us with your questions (888) 366-9213 • info@itp-international.org

“A transformative community is a nearly indispensable launching pad for transformation.”

- Michael Murphy, ITP & Esalen Institute Co-founder

The program opens with a three-day residential retreat in Marin, California. You'll begin with the Kata, a daily practice that continues throughout the program, along with Leonard Energy Training, the Nine Core Practice Intentions, and a structured process for clarifying your vision and desired state.

From September through November, six Zoom sessions bring the group back together. Each opens with Kata, then moves into leadership development, mentoring, and live coaching dojos. These are structured sessions where one participant brings a real challenge and the group practices coaching together. Everyone takes a turn.

Between sessions, you meet regularly with a learning partner from your cohort. Each participant also has two one-on-one sessions with the facilitators.

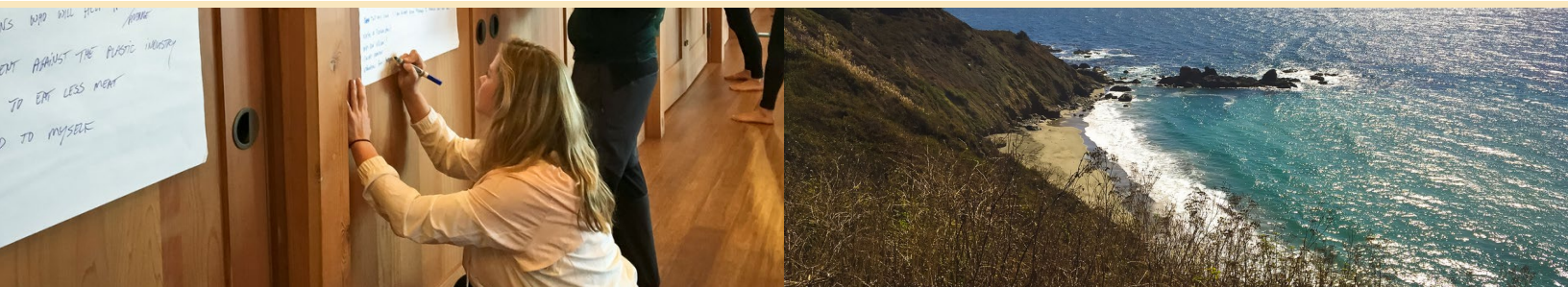
The program totals 38 hours of structured group time. You leave with a personal practice, a vision document, coaching skills, and an intimate community of peers for ongoing support.

About ITP and ITP International

Integral Transformative Practice (ITP) was developed in 1992 by George Leonard and Michael Murphy, leading human potential experts, to help people with busy lives realize their greatest capacities through practice over time. A well-researched program, ITP provides a pathway towards leading a balanced, vital and healthy life.

ITP International is a 501(c)3 nonprofit organization established in 2005 to advance the adventure of Integral Transformative Practice. ITP International presents a variety of trainings and programs for individuals, groups and organizations.

Step into your unique leadership style for effectiveness in navigating uncertainty and the inevitable transitions of an ever changing world.



Lead Program Facilitators

Online group sessions & integral coaching is led by ITP teachers with expertise in all facets of integral practice, corporate consulting & community leadership.



KIM KRISTENSON-LEE is a leadership educator, coach, and convener, and founder of Labyrinth Leadership Group. An ITPI Mastery teacher and co-instructor for Integral Leadership Mastery, she works with leaders, teams, and communities navigating transition and change. Kim brings together leadership development, coaching, and integral transformative practice to support people in California's Sierra region and beyond.



PAM KRAMER is President of ITP International, the non-profit that stewards the work of founders George Leonard and Michael Murphy. An ITP Mastery teacher and Esalen Institute faculty member, she presents workshops in the US and abroad. Pam is an executive coach for organizations and entrepreneurs on the SF Bay Area, and is co-author of *Living an Extraordinary Life*.