



Highlights from the Leadership Transformed Retreat

by Sally Mahé, ITP Mastery and ITP San Rafael group member

Maybe it felt most like a spectacular wedding and we were all thrilled to be part of it. There was love in the air, natural beauty all around, openness to meet new people. For the Leadership Transformed Retreat, we met at Asilomar ("retreat by the sea") originally built as a camp for the YWCA and now an impressive conference center hugging the coastline between Monterey and Carmel, CA. It was the first time that Greenheart Transforms International, an organization dedicated to personal and global transformation, joined in creative partnership with ITPI, a community dedicated to unlocking human potential and expressing one's best and authentic self. Intrigued and excited by this collaboration, most of us were drawn to attend by love and respect for the organizers and curiosity about what soul-based leadership might mean for us.



The purpose of the retreat was to look at ways we can transform ourselves and explore our own soul's calling to unleash our unique expressions of leadership in the world. Every single one of us is needed to practice a new way of being in the world, wherein we act from our higher self and unite with the whole of life. One speaker summarized it by saying "we are on a mission of love."

The retreat program artfully integrated practices for body, mind, heart and soul. Inspiring presentations, LET exercises, group Kata, visioning and affirmations and small group conversations became a blended learning of action, spirit and content that opened new possibilities inside us.

Balanced in age and gender, half of us Midwesterners and half from the West Coast, we participants forged new friendships during our four days together. Mary, a young woman from Chicago, invited me to sit next to her at dinner the first night. We found ourselves in deep conversation, she telling me tales of being a Peace Corps teacher in the Ukraine and I sharing how Russian school teachers in 1994 taught me deeper meanings of democracy. New friendships, laughter, "pop up" musicians, hugs and holding hands, healthy meals, singing to the moon and waves, silence, conversation, walks in the sun and under the stars—all brought us into easy relationship, stirred our energies and all became part of our essential learning.

One take away memory is that at one time or another almost every person held the microphone, contributed, spoke up, danced or offered authentic voice. The magic was that in learning about how to become a transformed leader, we glimpsed ourselves as the transformed leaders we were becoming. Infinite gratitude goes to the planners from Greenheart and ITPI who so lovingly and skillfully set the stage and invited us to come forth.