



# Integral Leadership Program

A six-month program of mind body practice for community leaders

March – September 2021

## 2021 Schedule & FAQ

March	April	May	June	July	August	Sept.
<p><b>Virtual Retreat</b></p> <p>March 13 – 14 9:00 am – 12:00 pm</p>	<p><b>Zoom Call 1</b> April 17 9:00 – 11:00 am</p> <p><b>One-on-One</b> Facilitator-Participant 1-hour session</p> <p><b>2 hr. Peer support session</b></p>	<p><b>Virtual Retreat</b></p> <p>May 15 – 16 9:00 am – 12:00 pm</p>	<p><b>Zoom Call 2</b> June 19 9:00 – 11:00 am</p> <p><b>One-on-One</b> Facilitator-Participant 1-hour session</p> <p><b>2 hr. Peer support session</b></p>	<p><b>Virtual Retreat</b></p> <p>July 23 – 25 9:00 am – 12:00 pm</p>	<p><b>Zoom Call 3</b> Aug 21 9:00 – 11:00 am</p> <p><b>One-on-One</b> Facilitator-Participant 1-hour session</p> <p><b>2 hr. Peer support session</b></p>	<p><b>Possible In-Person Retreat</b></p> <p><i>Location TBD</i></p> <p>Sept. 10 – 12 <b>OR</b> <b>Virtual Retreat</b></p> <p>Sept. 11 – 12 9:00 am – Noon</p>

### Why Integral Leadership?

In today's world, we need all aspects of ourselves working together at full capacity. Through a solid base of personal and professional development, you'll be empowered to lead your life with greater balance, vitality and ease. A diverse community of leadership practitioners and mastery coaches are there for your encouragement, guidance and support.

### How do I know this leadership program is right for me?

Are you called to step forward into greater impact in your life and work? Have you been wondering, "What is life asking of me now?" Perhaps you know you want to make the world a better place. You can feel there's a reason you're alive, and you're ready to fulfill your mission. You may not be clear what your mission is, but your impulse to grow and to give back is a sign that this program is right for you.

### What are the components of the Integral Leadership journey?

- Visioning exercises to capture understanding of your current condition, experience it in your whole being and envision a clear picture of the future
- Participation in a community of practitioners dedicated to supporting your growth and providing a powerful approach to life's challenges
- Exploration of Integral Transformative Practice®, a long-term daily practice conceived by Michael Murphy and George Leonard, the founders of Esalen Institute, to provide a safe path for your transformation and realization of your latent human capacities
- Design of a project based on your innermost values to offer your community and the wide world
- Restorative exercises for vitalizing your entire being
- Practices for listening and responding to your body's wisdom



# Integral Leadership Program

A six-month program of mind body practice for community leaders

March – September 2021

- New model of leadership presence and ongoing renewal in your work
- Energy training practices to increase awareness and create greater resilience and flow
- Skillful communication practices for speaking to be heard and listening to understand

## What will I experience during this program?

- Personal growth from the inside out and greater health of body, mind, heart, and soul
- A daily practice with a pathway toward greater balance and vitality
- Envisioning a purpose plan for your future and transformation
- Practice in communication skills to bring harmony to your relationships and workplace
- The experience of deeper grounding to use in everyday life
- Discovery of underlying themes that may be challenging your relationships and decision making
- A new perspective on your leadership and ongoing renewal in your life
- Clarity and further development with your leadership challenges
- Awareness of your leadership patterns, strengths and growth points

## What are the key takeaways?

ITP is a practice that reinforces personal autonomy and the power of intentionality. Based on where you're starting from and what you put into the process, your growth can be both internal and external. You can experience personal, positive growth and also develop new ways to contribute your talents to help transform the world. Emphasis is placed on harnessing the energy of the group to support the vision and aspirations of each participant.

## If I have already taken Integral Leadership, what is the case for taking it again?

The Integral Leadership program reinforces core practices and principles while introducing new material, tools and techniques to cultivate integral development and leadership impact. As with all practices, the practitioner goes deeper. There is an infinite depth of learning to discover about yourself, your capacities and ways to offer your leadership in the world. The more you practice, the greater your growth. You can never step into the same stream twice. In this program, the focus is on learning about yourself, all dimensions, both inner and outer. As you are called to contribute to the world, you are also called toward a fuller realization of your innate potential.

## What makes the Integral Leadership Program different from other transformational or leadership programs?

The ITP Integral Leadership program differs from other development programs in its emphasis on long-term, daily practice as the path to the realization of greater capacities through integration of body, mind, heart and soul. ITP practitioners believe that people perform most effectively and experience greater well-being when all aspects of the self are working harmoniously. The sessions of the Integral Leadership program incorporate affirmations to activate the mind, gentle body-based exercises to harness the wisdom of the body, peaceful communication techniques to awaken the heart and emphasis on the power of the community to support practitioners' growth and deeper connection to the world.

*Could it be that the human heart and the world's heart are one in their self-surpassing? We believe that they are. As we grow in love and strength, we become vehicles for the world's growth. We bring new sustenance to our families, new joy to our friends, new light to our places of work.*

– George Leonard & Michael Murphy, ITP founders