

My Integral Leadership Journey

By Rich Sigberman

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When the Integral Leadership program began in January, 2020, I was one month removed from a hip replacement operation. Not only was my walking affected, but my energy, and even my thinking was too, although I may not have realized it. I was having a hard time thinking of a project until Charlotte Hatch, IL Facilitator, suggested that the project be me. As I couldn't think of anything better, I made my rehabilitation and recovery my project. With physical therapy and

practice, I had recovered enough by early April to begin thinking about a different project: service work of some kind. This 9th commitment in ITP was one in which I felt I had fallen short.

Since what I do best is draw and paint, I decided to offer small pieces to various people I knew, including those in this group. I probably wound up doing 40 or so, and the odd part for me was that I felt at least as excited about these little one-offs as I did about my large projects. I did them, sent them out, and let them go, not expecting or needing anything in return. This activity wasn't connected to income, career, or much of anything else, and it felt good.

My integral leadership was to first take care of myself, and then when my energy returned, to try and do something that might help lift people's spirits a bit, in our pandemic era. To me, Integral Leadership meant holding myself responsible to follow through on an idea that had been in the back of my mind for years, although I hadn't really been aware of it. Since doing those 40 some odd pieces, I've continued to do one or two a week "just because." It seems that Integral Leadership made me more empathetic to myself, which I then projected outward to others.

For more info and to view Rich's art, visit: www.sigsart.com