



The Zen Leader - Foundational Program, 3 days

Purpose: to resource leaders with the tools of Zen training and the applied “flips” of *The Zen Leader*, enabling more authentic, agile and embodied leadership that creates a better world.

Outcomes:

- Reframe challenges - guaranteed
- Learn the 4 modes of leadership and how to bring out the energy that does each one best
- Find greater centeredness, access to power, a quieter mind, stronger influencing skills, better decision making, and how to bring about a desired future
- Connect to a community and resources to help you sustain your practice

Includes: Introduction to Zazen, breathing exercises, stretching, physical training, 1-on-1 coaching, deep-tissue bodywork, FEBI assessment, time to reflect, and meals to match the training – set in a dojo or retreat center environment. Group size of ~12 makes for a highly personalized experience.

CitiZen - Foundational Program, 3 days

Purpose: to resource public sector leaders with the tools of Zen training, strategic foresight, the applied “flips” of *The Zen Leader*, so they can recharge/regenerate themselves, their work and their communities.

Outcomes:

- Reframe challenges - guaranteed
- Learn the 4 modes of leadership and how to bring out the energy that does each one best
- Find greater centeredness, access to power, a quieter mind, stronger influencing skills, better decision making, and how to bring about a desired future
- Understand what holds current problems in place, how to tackle the roots and change the story of your city
- Connect with city experts, strategists and others facing common challenges and learn from their best practices

Includes: same as The Zen Leader program plus City Manager and Poet, James Keene.

open enrollment



Who: Leaders and entrepreneurs in business and non-profits who aspire to make a difference and embody leadership – not just talk about it. This is where most leaders enter IZL.

Lead Faculty: Ginny Whitelaw

2016 Venues and Dates:

Spring Green Dojo, Oct 27-30
UK: TBD



Who: Public sector leaders, especially those in local and regional government, who want to embody transformational leadership that can create better cities/communities. This is where most public sector leaders enter IZL.

Lead Faculty: Rebecca Ryan and Ginny Whitelaw

2016 Venues and Dates:

Spring Green Dojo, May 12-15
Palo Alto: TBD



BodyZen - 3 days

Purpose: to discover the power of functioning with body-mind as one through a dynamic mix of Zen training, TRE, bodywork, and other somatic practices with applications to leadership.

Outcomes:

- Learn how to develop your powerhouse: *hara*
- Experience how changes in your body affect your power, presence, perspective, and ability to lead
- Learn new ways to approach Zen through the body to deepen your training
- Build concrete practices to sustain your efforts.

Includes: Zazen, breathing exercises, Yin Yoga, Tai Chi, somatic exercises, work with senses, time to reflect, and meals to match the training—set in a dojo or retreat center environment. Group size of ~12 makes for a highly personalized experience.

SummerZen - 7 days

Purpose: to immerse young adults in the tools of Zen and other physical training to help them develop life-enriching practices, embody leadership skills, and find their way. A unique approach to developing strong, confident, responsible young people.

Outcomes:

- Increased centeredness, self control, and resilience, learning to work with mind and body as one
- Learn leadership skills that inspire others to follow you
- Increased clarity on where you're going and what matters most
- Concrete practices to support you along your way

Includes: Zen training, breathing exercises, leadership applications, martial arts, physical exercise (some rigorous), outdoor projects, canoe trip, and meals to keep you energized. Group size of <10 makes for a highly personalized experience.

open enrollment



Who: This program is open to all adults (no previous experience required), however, IZL alumni and those with some Zen experience will especially appreciate this training, as they discover answers in their bodies to barriers they have already run into.

Lead Faculty: Alex Greene

2016 Venues and Dates:

Spring Green Dojo, Feb 25-28
Other Dates: TBD



Who: Young adults, ages 16-19. No previous Zen or martial art experience required.

Lead Faculty: Andy Robins

2016 Venues and Dates:

Spring Green Dojo, Jun 27-Jul 3



alumni only

LeadershipZen – Advanced Program, 3 days

Purpose: to recharge, re-ground, and reconnect with the IZL community; to deepen Zen training, broaden applications to leadership, and push the envelope for leading beyond dualism and fear.

Outcomes

- Advance your leadership intents or goals
- Expand leadership capability, less fear, better impact
- Refine, recharge and expand practices that support your leadership

Includes: Zazen, breathing exercises, Yin Yoga, Tai Chi and other physical training, work with senses, time to reflect, and meals to match the training.



Who: IZL alumni. This is a natural next step and ongoing program for leaders who have come through a foundational program.

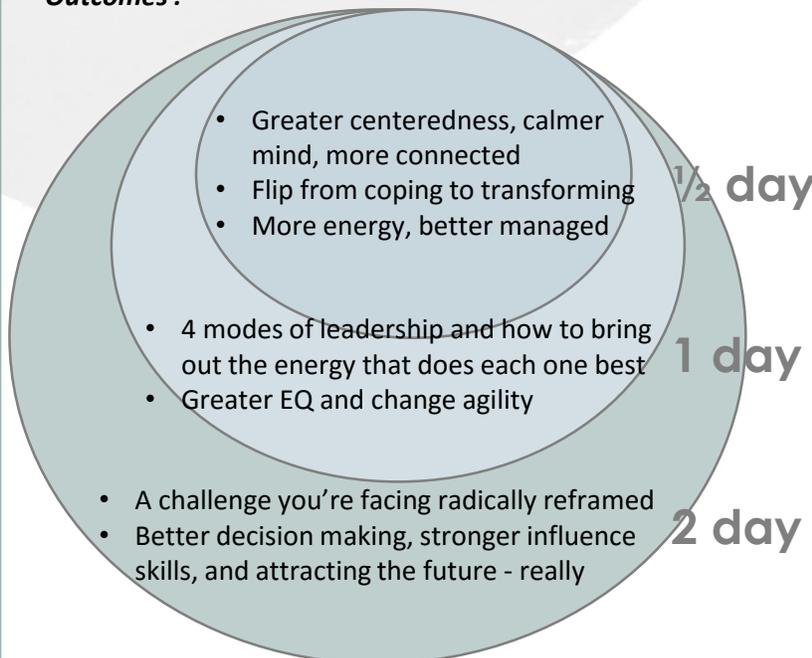
Lead Faculty: Ginny Whitelaw

2016 Venue and Dates:
Spring Green Dojo, Sept 15-18

The Zen Leader – brought to your area/organization ½ day, 1 day and 2-day sessions

Purpose: modularized programs to bring authentic, agile and embodied leadership to your leaders; to resource leaders with energy, centeredness, and the “flips” of the Zen Leader, that they can be bigger than the challenges they face.

Outcomes :



programs we
bring to you



Who: These flexible-length programs can be a standalone offering, part of a leadership development program, and/or customized to your organization. Local alumni/faculty can also bring these programs to their region as an open enrollment or corporate sponsored event.

The 2-day program is designed for a small group of leaders or a team (<16 people) best in an offsite, residential setting.

Faculty: Ginny Whitelaw and other/local IZL alumni/faculty

contact:
thezenleader@gmail.com for more information on programs in your area or to arrange a program



Listening as Leadership – 2 hours

Purpose: to discover how listening can become a creative leadership act that brings the best out of others, navigates crises, hears multiple points of view, and reveals greater truths in oneself.

Outcomes:

- Using listening to change the world around you
- Bringing out the best in others and yourself
- Increased creative thinking, agility, empathy, and self-awareness
- Improved organizational dialogue; once leaders learn how to listen, communication is never the same

Includes: Interactive musical program with renowned orchestral conductor, James Blachly, working with a string quartet.

Custom Team Session – 2 – 3 days

Purpose: to propel teams to more evolved, agile and authentic ways of functioning using the tools of Zen training and drawing on the breadth of our curriculum and global faculty.

Sample Program for a Leadership Team

Aligning with Vision, Transforming the Company

Outcomes for Company:

- Improved culture: Flip from coping/blaming to transforming/taking ownership
- Alignment with vision, values

Outcomes for Team:

- Improved dialogue, deeper insight, better decision making, less fear (and CYA), and increased performance
- More energy on the team, better aligned and leveraged

Outcomes for Individuals:

- Increased centeredness, calmer, clearer mind, greater awareness, self-regulation, empathy and influencing skills
- More energy, better managed: right energy, right time
- Clarity about own development and practices; alignment with vision and how to bring desired future into present

programs we bring to you



Who: This program makes an interactive, high-impact addition to conferences, meetings, or as part of a training and development program.

Faculty: James Blachly, conductor

contact:

listeningasleadership@gmail.com for more information or to book a session



Who: Intact teams who have big work to do and want to discover how the tools of Zen training, energy management, and embodied leadership can take them to a whole new level of cohesion and performance.

Programs are customized to the team's purpose, context, current challenges and composition.

Faculty: Ginny Whitelaw and other IZL faculty

contact:

thezenleader@gmail.com for more information or to book a program