

Introduction

Course Contents

Introduction This video gives an overview of what to expect throughout the course:

Chapter 1 *What Is Contemplation?*

What does contemplation mean in a leadership context?

Part I: The Inner Journey of Contemplative Leadership

A guide to examining the inner landscape of our lives as leaders.

Chapter 2 *Our Leadership Journey*

The narratives that have shaped us and the cyclical nature of change in our development. An exercise in *deconstructing* the origins of our leadership narratives and then *reconstructing* new narratives.

Chapter 3 *Leading from Our Body*

The physiological underpinning of our leadership presence. We outline the nervous system states that influence our moment-by-moment awareness and our capacity to lead.

Chapter 4 *Challenge and Failure*

Reflect on experiences of challenge and failure in our lives. Examine the roles of fear, shame, and guilt in unconsciously shaping the choices we make as leaders.

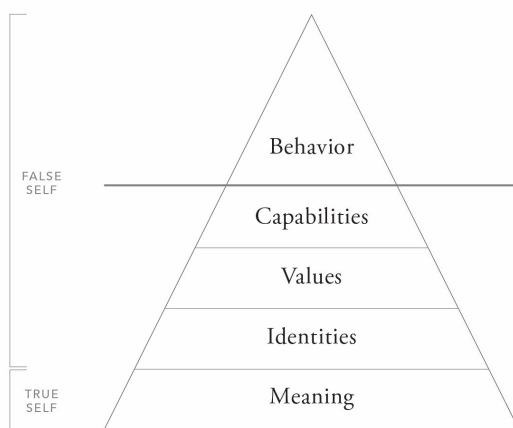
Chapter 5 *Values and Change*

The underlying values and beliefs that shape our everyday behaviours.

Chapter 6 *Identities and Personas*

The interplay of the various roles and identities that unconsciously shape how we view ourselves and, therefore, how we show up and are present to others.

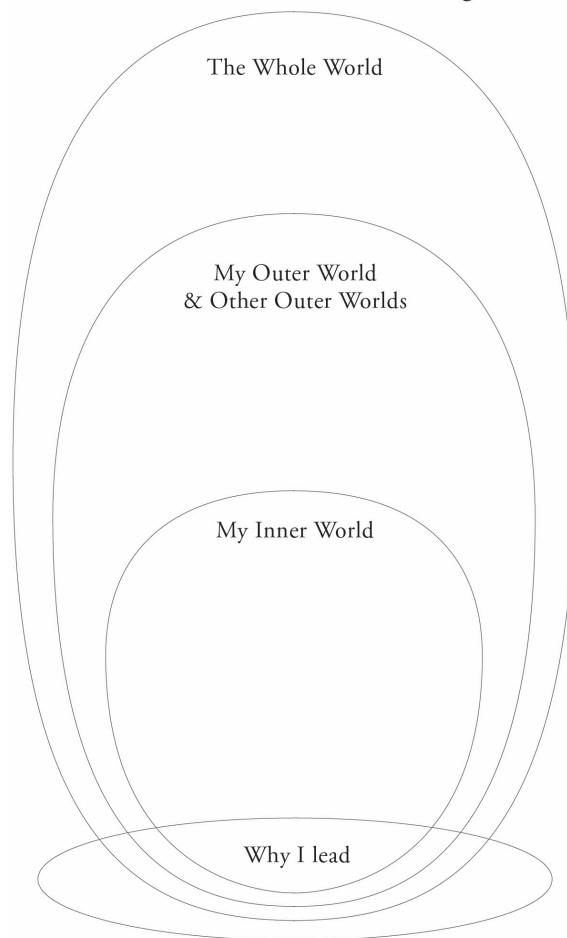
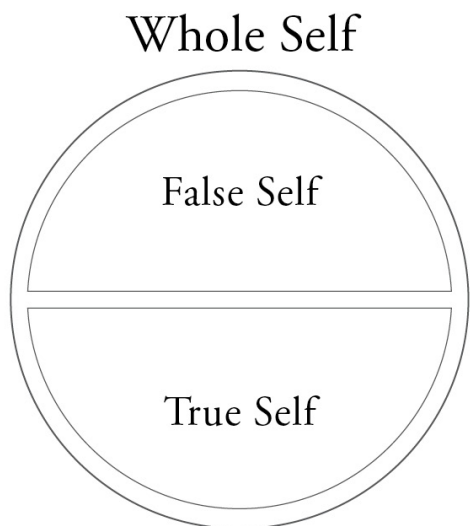
Logical Levels and True and False Self



Chapter 7 *Leading with Meaning*

We examine our sense of meaning and purpose, the foundational inspiration of our participation in every initiative.

The Three Domes of Meaning



Part II: The Outer Journey of Contemplative Leadership

A guide to examining our leadership in the context of people and systems.

Chapter 8 Interpersonal Relationships

We look at the fundamental dynamics of interpersonal relationships e.g. communication and boundaries. How to connect our contemplative presence with others.

Chapter 9 Connected Teams

We examine the ways we lead teams and groups from a place of contemplative presence. Within this context, we look at the role of psychological safety in team development, and use a multifaceted approach to identifying and building trust within teams.

Chapter 10 Our Evolving Leadership

We look at contemplation and consciousness in the light of Spiral Dynamics (also known as Integral Theory). This framework examines the evolution of leadership that encompasses My Inner World, The Outer World, and The Whole World of The Three Domes of Meaning.

Conclusion Integration Exercise

This chapter provides the integration of key learnings and insights from the rest of the course. It helps us integrate our awareness and contemplative presence into the daily leadership situations we encounter.

General Note: A suggestion for completing the exercises throughout this participant booklet is to write your answers by hand instead of by typing notes on a device. Writing by hand can better enable our brain to slow down, to focus on the task at hand, and to be more aware of our insights and impressions as they emerge.