Leader Name/s: Ron Alexander

Workshop Title: The Art of Leadership: Communication, Creativity and Vision

Workshop Description:

“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.” – John Quincy Adams

This workshop is for individuals interested in exploring an intensive experiential process to become more effective as mindful leaders both in personal and professional life settings. Designed for entrepreneurs, executives, managers, medical and mental health professionals, and others committed to improving their communication and leadership skills, it is especially intended for those open to doing deep personal work to transform the self as well as their organizations. The major areas of focus will be resolving conflict, developing trust with those who feel threatened, learning the distinctions in speaking and listening, healing blocks in creativity, and building support for transforming vision into reality.

The workshop includes sharing feedback on leadership and communication styles, mini lectures on leadership, Gestalt open-seat work, improving coaching skills, developing the unconscious to creatively solve problems, mindfulness meditation practice, and role-playing exercises for real-life work situations.

Required reading: Alexander, Wise Mind Open Mind; Heider, The Tao of Leadership; Maxwell, Developing the Leader within You, Michael Dickmann, Mindful Leadership: A Brain Based Framework,

Schedule: Session-by-Session CEU Syllabus
Total: Four Sessions / 10 CEU Class Hrs

I) Friday Session, 8:30pm - 10:00pm (1.5 Class Hours) – Getting to know one another, Introductions, Centering Meditation, Workshop Questionnaire, Leadership Dyads, Define Leadership

Saturday Morning, 8:30am. - 9:30am.- *BREAKFAST *

II) Saturday Morning Session, 9:30am to 1:00pm (3.5 Class Hours) - The Fundamentals of Communication, Warren Bennis: On Becoming a Leader, Negative Belief Systems, The Johari Window: “Open” Leadership, Patterns of Communication: Role Play, The Leadership Development Checklist, Writing S.M.A.R.T. Goals, Action Items for Improved Communication and Leadership, Group work individual and small groups

Meal –1:00-2:00pm. - *LUNCH

III) Saturday Afternoon Session, 3:45pm -6:45pm (3 Class Hours)– Movement Exercise Overview: Filters & Resources of the Core, Access to the Core: Small Group Work, The Profile of a Visionary Leader, Vision Role Play, 4 Key Stages of Visioning: Small Groups, Creativity Role Play, Homework on creativity, Group work individual and small groups

Meal –Saturday Evening, 7:00pm – DINNER

IV) Sunday Morning Session, 9:30am – 11:30am (2 Class Hours) - Discuss Homework About Creativity, Internal Resourcing, Week-end Re-cap, Evaluations, Closing Circle: Stand for Your Vision

APA TOPIC
1. Positive Psychology

**COURSE OBJECTIVES**

This workshop is designed to help participants:

1. Explain the communication theory and clinical skills for becoming a more effective communicator.

2. Demonstrate the Gestalt – Somatic approach for effective communication and leadership.

3. Demonstrate effective methods to deal with difficult, problematic people, and their styles of communication and character.

4. Practice and role play specific leadership styles with feedback from other participants.

**COURSE CONTENT CITATIONS**


Harbin Clinic Radiation Oncology, Berry College School of Business; Georgia Institute of Technology; Institute for Mindful Leadership - Mumber M., Grout, J., Cochrane, C., Marturano, J.;Granrose, C.;Lembke, T.: Effect Of Mindfulness Training On Mindfulness Level In The Workplace, Patient Safety Culture And Staff Engagement As A Part Of Error Prevention In Radiation Oncology Practice: A Pilot Study, 2011

Center for Leadership and Change Management, at the Wharton School, Chris Maxwell, PhD Senior Fellow; The Importance of Mindful Leadership - January, 2015 https://leadershipcenter.wharton.upenn.edu/research/importance-mindful-leadership/

Harvard Business Review online, www.hbr.org, Bill George: Mindfulness helps you become a better leader, 26 October 2012

Weatherhead School of Management (2012), Professional Development - Mindfulness for Enhanced Performance, www.weatherhead.case.edu/professional-development/subjects/mindfulness

This course meets the qualifications for 10 hours of continuing education credit for: LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Esalen is an approved provider of continuing education by the California Association of Marriage and Family Therapists and CA BRN.

Esalen Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. Esalen Institute maintains responsibility for programs and their content.

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