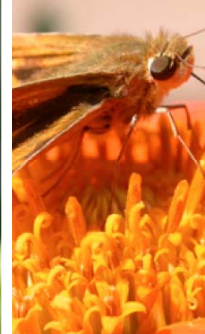


Inspiring Leadership from within



FOR MIND / FOR BODY / FOR SPIRIT / FOR STRENGTH / FOR ENERGY / FOR ATTITUDE / FOR VITALITY / FOR HAPPINESS / FOR YOU

An invitation to connect with yourself and find your purpose

Join Kate and Stacia for five days of reflection, rejuvenation and personal growth at Ngare Saro Lodge on the slopes of Mt Meru, Tanzania.

Arrive on the afternoon of 11th

November 2009 and depart on the evening of 15th.

At a price of \$1,505 you will receive:

- A customised 4-day programme for individual and group personal understanding and development
- Accommodation
- Organic vegetarian meals
- One-hour of life coaching
- Three group yoga classes
- Three group meditation classes
- One massage

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"You've got to give a lot of attention to consciousness. This is one of the things of which our society is ignorant. It assumes consciousness requires no attention. But consciousness is what gives attention. Consciousness itself requires very alert attention or else it will simply destroy itself. It's a very delicate mechanism" (Bohm, quoted in Jaworski, 1998, p. 82).

Are you keen to tap into your hidden potentials? Are you keen to improve your leadership abilities? Do you think that there is more to leadership than meets the eye? This course will help you to become more conscious and aware; of yourselves, of how you live and work with others and of the world.

This course will support you to deepen your understanding of reality and to engage with a complex and changing world. You will discover more of yourself; what you value, patterns of behaviour you slip into, when you are at your 'best'. You will learn how to bring more of yourself to your work and thus to the unfolding of the world.

You will explore 'Where is my leadership coming from? Do my actions originate from deep within myself, or are they coming from a more superficial, limited place?' You will start to understand and commit to the fact that the organising principle of the universe is 'relatedness'. You will start to see and practice the values of love, compassion in your lives and be better able to release the potential of others.

You will connect with and express your deeply held beliefs about the world we are trying to create, you will challenge assumptions about the way we live and you will learn how to work effectively as a leader of others.

Whilst you will learn a number of skills and study different theories of leadership this is not a typical training course. This is consciousness raising and the result is that change, learning and growth will be integrated into your day to day lives.

During the course you will work individually and in small groups to:

Build self knowledge - Who am I? How do I affect others?

Appreciate the art of leadership and understand the differences between leadership and management,

Understand on our interconnectedness and the fundamental importance of values,

Find your voice and clarify your values,

Identify behaviours that you express when you're leading and the contradictions between who you want to be and how you behave,

Explore the source of contradictions and learn what situations spur you into these self-sabotaging behaviours,

Develop a personal leadership vision; explore how this vision could be meaningful to others,

Learn how to better work in relationship with others.

Learn how to work with culturally diverse groups,

Practice the skills of questioning and listening deeply,

Engage in dialogue,

Become aware of the context in which you operate and your external environment,

Learn about different theories and frames for understanding human behaviour, and

Become conscious of how your understanding of a situation always differs from another's experience.



This course is perfect for individuals or organisations who:

- Feel that something is holding them back from living their 'true' purpose,
- Wish to undertake a professional or personal transition and need time and guided space to reflect on how to move forward,
- Seek to do good and would like to reflect and strengthen their ability to engage with others,
- Wish to move into leadership positions but feel that they lack the interpersonal skills that would enable them to do so,
- Are currently in leadership positions and wish to lead with greater authenticity, integrity and effectiveness.



www.roho-tz.com

www.ngare-sero-lodge.com