

ACTIVE ENGAGEMENT™

Active Engagement: The Practice of Mindful Leadership

A training process for cultivating the collective wisdom and effectiveness of organizations and individuals.

WHAT

This training serves as an introduction to the process of Active Engagement™. It is a prerequisite for other Active Engagement workshops, as well as the two-year Active Engagement practicum. It provides both skills, experience and a theoretical framework to support participants in translating the learning to their real worlds.

WHY

Organizations and communities have tremendous power and potential to influence our world. Yet, far too often, our experience of them is disappointing at best and destructive at worst. Bright, competent, caring individuals commonly feel stymied by bureaucracy, 'politics' and conflict in business, education, healthcare and professional communities alike.

This training process will develop and deepen participants' ability to communicate and work with organizations, leaders and individuals, to respond more effectively to the obstacles and challenges they face. In essence, it uses the skills and theory of learning organizations and unites these with powerful mindfulness practices from the great traditions. This synthesis creates broad new possibilities.

The result is a consistent ability to touch and awaken a profound 'common ground' or 'collective mind.' Participants describe experiencing shared understanding and the ability to take effective action in ways they had not imagined or thought possible.

With this 'collective awareness' as a trustworthy starting point, issues of organizational mistrust, systemic and cultural blindness and individual powerlessness all become matters for cooperative and collaborative focus.

The remarkable power of this process creates a safety in which participants can experience being their real and best selves in a group, and work cooperatively for the common good. It provides groups and their members with a greater ability to communicate and surmount the challenges they face, and to do so with integrity and compassion.

TOPICS & SKILLS

- Engaging the Collective Mind of a Group
- Awareness and the Human Person
- Developing Organizational Awareness
- The Stance of Active Engagement: Active Noticing, Nondefended Learning & Whole Systems Engagement

- Slowing the Inner Movement of a Group
- Skills for Creating Shared Understanding
- The Nondefended Self
- Polarity Management
- The Life Frame: Seeing the Depth and Span of Collective Mind or Awareness

AUDIENCE

This training is valuable to those seeking to enhance their leadership and relational effectiveness in organizations and wherever their lives influence or affect others.

FACILITATOR

Michael St John will lead the group. Mike is an experienced senior leader, facilitator, trainer, and a leadership mentor who has completed a 2 year practicum in the study of Active Engagement/Contemplative Dialogue: Mindful Leadership, co-hosted by The Centre for Contemplative Dialogue and The Bread of Life Foundation. He is also a UCSD Trained Mindfulness Based Stress Reduction Teacher (MBSR). Mike has worked successfully with corporate and government organizations.

His approach to organizational awareness tends to produce new frameworks for increased personal awareness, understanding situations and an increased ability to work effectively together for the common good.

PARTICIPANTS' COMMENTS

“Active Engagement supports each person to ‘make real’ the cutting-edge theories we hear about; to internalize and practice higher awareness and engagement with the ability to better lead a group through those stuck places, ‘undiscussables’, and high conflict situations.” *Public Service Executive*

“...exactly what I’ve been needing. Real guidance to move through challenging situations at work (and other areas of my life). So very practical!” *Senior Manager*

“I appreciate in a much stronger way that as a group, together, we can achieve something that’s more than just the sum of our parts. I’m seeing ways through what had felt like real impasses before.” *Corporate President*

Attributions for comments will be shared upon request.

Register online at www.mapsti.com

For additional information call; Mindful Awareness in Public Safety Training Institute 1-858-621-1544
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