

Introduction to Conscious Leadership 4-Week Course

4-Session Virtual Training

This event is for anyone who is interested in exploring the core concepts and models of conscious leadership. Typically the classes are made up of organizational leaders, executive coaches, HR professionals, and parents. We introduce the basic tools we use to eliminate drama, build trust, and create conscious cultures. You will explore a professional relationship challenge and learn how you can permanently shift the pattern.

What is the difference between this course and a Taste of Conscious Leadership?

The content of this course is the same as a Taste of Conscious Leadership. The differences between this course and a Taste are:

- Capped at 200 vs. 30
- 4-weeks for 90-minutes vs. five-hours one day
- Anyone can join vs. only organizational leaders
- Focus on any relationship challenge vs. professional relationship challenge

This event is **highly experimental**. You'll engage in multiple exercises in triads or quartets with follow-up full group debriefs. Your vulnerability and authenticity will support a richer learning experience for all. There is also dedicated time for live Q+A during each session.

You'll walk away with an understanding of...

- What conscious leadership is
- The difference between leading from trust vs. threat
- How to identify your own threat patterns
- Technologies to shift from threat to trust

What We Cover

Context versus Content. Paying attention to context is the key to a drama free culture.

Leading from Trust Vs. Fear. This distinction is at the heart of repeating drama patterns in organizations. Understanding this model immediately shifts the effectiveness of conversations both team and organization wide.

The 4 Questions of Conscious Leadership. Four key questions designed to be used ongoing to build self awareness and become a more conscious leader.

The 15 Commitments. This model outlines behaviors and beliefs that are the most significant limiting factors for a team. The primary focus is on the cornerstone commitments 1 and 2.

The Drama Triangle. The Triangle roles of Victim, Villain, and Hero describes the go-to positions that create and perpetuate drama and limit organizational growth and creativity.

Willingness to Shift. We cover the difference between *wanting* to shift and being *willing* to shift. We provide willingness questions to help teams discover if they're actually *willing* to shift the issues they say they *want* to change.

Shift Technologies. We introduce simple technologies that you can immediately put into action in the midst of challenging interactions to change the dynamic and outcome by shifting from threat to trust.

Logistics

- Each participant must login to the event individually even if you're in the same home or office space.
- You'll have a dedicated course page with recordings of the sessions, resources, and more. The course page will be available for 3 months after the course ends.
- All sessions will be recorded and available to participants for when they miss a live session.
- **Cost:** \$250

Contact Us

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