

Awakening the Mind of Conscious Action

A four-part workshop on the intersection of Awareness, Intention, and Action and how they shape the quality and effectiveness of the choices we make

SATURDAYS: Mar 1, 8, 15, 22
From 1 PM to 4:30 PM

Four 3.5-hour sessions conducted in person at the Minnesota Zen Meditation Center

3343 East Bde Maka Ska Parkway,
Minneapolis MN 55408

This program is limited to 14 participants. Please register early to ensure your place.

FACILITATORS



TED O'TOOLE

Ted practices Japanese Soto Zen. He is the Guiding Teacher of Minnesota Zen Meditation Center in Minneapolis. He graduated from the University of Michigan Law School in 1992 and worked for 25 years in the legal publishing industry.



MARIE MICHAEL

Marie uses somatic awareness and embodied strategies for coaching, facilitation, conflict resolution, and racial justice consulting. She helps participants listen to their body's wisdom and begin to live in greater alignment with their values and desires.



WILL STEGER

Will Steger stands out as the pre-eminent explorer of our time. Best known for his legendary polar explorations, Steger has traveled tens of thousands of miles leading teams on some of the most challenging polar expeditions in history.



TOM GOODELL

Tom is the founder of Linden Leadership and author of the book *The Four Fields of Leadership*. Tom has coached leaders, managers, and teams in organizations from small non-profits to Fortune 50 corporations.

In a cohort of no more than 14 supportive fellow participants, you will develop:



Greater capacity to take action in the face of challenging realities in your personal or professional life



Skills for managing stress, navigating strong emotions, centering yourself, and being a grounded presence



Ability to be present with and respond rather than react to the complexity of life in a constantly changing world



Practices for returning to the newness of each moment and discovering the possibilities therein



SIGN UP HERE

<https://www.mnzencenter.org/ConsciousAction.html>
Cost: \$1000

QUESTIONS

info@mnzencenter.org