

Awakening the Mind of Leadership

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

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 leaders, you will develop:



Greater capacity to take action on an important leadership challenge in your personal or professional life



Skills for managing stress, centering yourself, and helping others manage stress



Ability to be present with and respond to human dynamics in all their complexity



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



SIGN UP HERE

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

QUESTIONS

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