



## Navigating the Road to Renewal Overview – Spring 2018

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### 1. PROGRAM OVERVIEW

#### 2 & ½ day Retreat + 4 Virtual (Zoom) Sessions

A three-month program including a renewing retreat April 13-15, and four follow up zoom sessions April 26<sup>th</sup>, May 10<sup>th</sup>, May 24<sup>th</sup>, and June 7<sup>th</sup>. All zoom sessions from 9-10:30 CST.

**Retreat Location & Logistics:** **The Whitehall Hotel**, 1700 Smith St, Houston, TX 77002. **Phone:** (713) 739-8800. **Website:** <https://www.thewhitehallhouston.com>. 4-star hotel ranked #6 out of 520 Houston hotels. (Special rate for program participants who chose to stay.) Your course fee provides morning snacks and lunch each day. Bring layers due to air conditioning. The weather in Houston is April is usually ~80 degrees; but air conditioning can be cold. **Local Airports:** Houston Intercontinental (Bush), ~20 miles from the hotel; Houston Hobby ~10 miles from the hotel (but often more driving traffic).

**What:** Pause in a renewing space. Reconnect and rediscover what matters most. Bridge to your next work life chapter. Generate renewed personal vision and energy. Lead your life from future as it emerges. Our focus is on three strategies for renewal:

- **Renew life-work vision & priorities:** unlock work-life vision, crystalize your sense purpose, deepen and shape priorities using powerful tools for self-insight.
- **Renew resilience:** learn and apply an integral system for resilience, consisting of 9 pillars of practice. These practices are based on the work of human potential visionaries Michael Murphy and George Leonard.
- **Renew Presence:** Experience Integral Presencing Activities based on Leonard Energy Training, as developed by human potential visionary George Leonard.

We will support transfer of learning back to our lives and work through four zoom sessions.

We will learn through the whole person, not just the mind.

We will leave the program with a simple system to sustain our focus, energy and wellness moving forward.

**Why:** To find purpose, stability and renewal during times of change. To generate new energy. To experience and share with others the full benefits of a self-renewing life and lifestyle.

#### Deliverables to Support Transfer of Learning

- **Navigation Plan:** A touchstone document summarizing your vision, purpose, priorities and intentions for the future
- **Practice Plan:** A simple system of nine pillars of practice, to sustain a self-renewing lifestyle
- Zoom Sessions to transfer learning back to daily life



## Navigating the Road to Renewal Syllabus – Spring 2018

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### **In Your Weeks Leading into the Retreat**

Enter a field of personal inquiry. Be curious each day, about your work and life. Initiate assessments that will lead to new levels of self-insight including the 16pf® (16 personality factor) assessment and the Passion Test™. Attend a pre-event phone call on April 5.

### **Friday of Retreat**

Meet your traveling companions. Set a context for self-renewal, integral transformative practice, and elements of navigating the road to renewal. Renew purpose, renew vision / Life Map Activity & “Starting with the Why”. Integral presencing activities.

### **Saturday of Retreat**

Case study on navigating the road to renewal. Renew priorities, renew gifts, renew affirmations / use Passion Test™, use 16pf®, use Envisioning the Future. Integral presencing activities.

### **Sunday of Retreat**

Renewing resilience: nine pillars of practice and your practice plan. Your renewal mindset. Next steps, allies and resources. Integral presencing activities.

**Zoom Sessions:** face to face sessions via free zoom technology. Subject to learning needs of program participants.

<p><u>April 26</u> Practices-Affirmation, Anchoring Your Destination + Navigation &amp; renewal</p>	<p><u>May 10<sup>th</sup></u> Practices-Own Authority/Community/ Time for Integration + Navigation &amp; renewal</p>	<p><u>May 24<sup>th</sup></u> Practices-Exercise /Conscious Eating/Developing Intellect Practice + Navigation &amp; renewal</p>	<p><u>June 7<sup>th</sup></u> Practices-Service in the World + Navigation &amp; renewal</p>
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## **2. HUMAN AND ELECTRONIC LEARNING PLATFORMS**

**Written Reflection and Journaling:** We will do written reflection during the program. Consider engaging or re-engaging in a journaling practice leading up to the program and bringing a journal to the session, if you are willing and able. We will have some blank journals on hand for people at the retreat.

**Learning Page:** Program materials will become accessed on our learning page. A link to the learning page will be live in time for our program launch. Page will be private to our group.



**Zoom sessions:** You may download free access to zoom via the web. Zoom use and download is intuitive for many people; some instructions are provided below. **A zoom link will be provided for the sessions.** You may contact your Journey Guides for a mini-tutorial.

**Accessing Zoom Platforms:** If you have not used Zoom before, in advance of the first session go to <https://zoom.us/> to ensure your computer or smartphone has capability. You may be prompted to download and run zoom. You may also download Zoom on your smartphone as an alternative for access. The free access will allow you to participate in zoom calls.

**Partner Pairs:** At the end of the retreat, we will assign partner pairs. You are invited to engage with your learning partner once or more before every Zoom session.

### 3. CREATING A FIELD FOR RENEWAL

We are creating a space where we can renew, create, and leverage insights of participants as a unified whole. An environment of trust, generosity, and confidentiality fosters renewal. Care for all our modes -- mind, body, heart and soul – is incorporated. The following agreements are offered to maximize the quality of our time:

- **Respect the choice to participate.** Your mentors, guides, and traveling companions are here. You belong.
- **Presume positive intent.**
- **Maintain confidentiality.** Do not use names or other identifying information on “who said what”, outside the room.
- **Be fully present.** Disconnect from cell phones, computers, media during our time together. If you must maintain phone connection (parents & care givers), please silence your phone or set it to vibrate.
- **Listen deeply.** Listen to the intent behind the words.
- **Be Direct.** Ask for what you need. Be direct in making points. Brevity and directness are useful communication skills.
- **Keep an open mind.** Suspend judgement and invite surprises. Sometimes what we think we know prevents full learning. “Transformational learning starts at the fringes”.
- **Make your thinking visible.**
- **Help others make their thinking visible.** Explore questions that clarify.
- **Please arrive on time or a few minutes early.** If you need to miss some portion of a session or arrive late, please let us know.

### 4. HELPFUL CONCEPTS AND READING

**Concepts:** Here is are brief working definitions or contexts for *some* of the concepts we will explore.

**Vision:** Vision had been defined as “An ideal and unique image of the future” and “...gazing across the horizon of time and imagining greater things that lie ahead”. “All enterprises, big or small, begin in the mind’s eye.” Scholarly work documents the importance of vision, at both individual and collective levels. (*The Leadership Challenge*, Kouzes and Posner, 1995, Chapter 5).



Notice the allusion to “image” in the definition of vision. Bringing a vision to life includes the use of imagery: “Well established scientific research...shows that sustained mental imagery can induce positive (as well as negative) alteration of thought, feeling and flesh.... we give very specific instructions for the use of such imagery to foster positive changes of body, mind, heart and soul (*The Life We are Given*, Leonard & Murphy, 1995, Chapter 7)

We will adopt a 5-year vision horizon in the program.

**Purpose:** A clear sense of purpose and priorities provides stability and direction, in times of change and disruption. Purpose is your “North star”. Richard Lieder, founder of *Inventure – The Purpose Company*, defines purpose as, “the essence of who we are and what makes us unique.” He adds, “Purpose is the aim around which we structure our lives, a source of direction and energy. Through the lens of purpose, we are able to see ourselves—and our future—more clearly (*Power of Purpose*, 2015). He provides some orienting principles on purpose:

- #1 – Purpose is a choice (not a cause, not a revelation, not a luxury)
- #2- Purpose is an aim outside yourself (we may be pushed by pain or pulled by possibility)
- #3 – Purpose is a practice (pause, breathe, picture something you appreciate or someone whose life you want to make a difference in, today)

Purpose requires **choice**, **aim** and **practice**. Identifying a more meaningful or purpose-full experience can be simplified with two universal purpose intentions. They are, “**to grow and to give.**” **Ask:** Where do you want to grow? Where do you want to give?

**Affirmations & Destinations:** **Affirmations** are clear, straightforward statements of positive personal change. They focus your best conscious efforts on transformation, while seeking to enlist powers beyond your conscious understanding. Affirmations integrate the intentions of the individual, and mobilize your whole being with greater impact than simply the sum of the parts. **Destinations:** Affirmations are *written in the present tense* to describe *your intentions for the future*, or as we say in the program, *intentions for your destination*. You clarify your outcomes (or signs of success) as if the positive changes have already come to pass. Affirmations paired with deep imaging related to your destination, create a parallel, present-tense reality in your consciousness. “Extraordinary change often emerges as a gift, rather than as the product of striving, because it is already there.” (adapted from George Leonard and *Power of Practice* materials.)

We will adopt a 1-year affirmation horizon in the program.

**Nine Pillars of Practice:** As part of the landmark experiment in Human Potential and integral transformation conducted by George Leonard and Michael Murphy in the ‘90s, participants adopted 8 commitments as a means of facilitating tactical and transformational personal change. Several years later, a ninth commitment, to be of service to others, was added. These pillars of practice have been tested and proven over 25 years as a gold standard for



unlocking potential and creating a more purposeful life. “The Nine Commitments” as they are called in Integral Transformative Practice, are the “Nine Pillars of Practice” explored in *Navigating the Road to Renewal*.

### Readings:

**Recommended Reading:** Available on Amazon.com.

*The Life We Are Given* (Leonard & Murphy). Focal Chapters: Preface: Joining the Evolutionary Adventure; Chapter 4: The Powers of Affirmation & 5: Catching the Winds of Grace; Chapter 11: The Body as Teacher; Chapter 13: The Magic of Community.

*Mastery* (Leonard). Focal Chapters: Chapter 1 – 4.

**Other articles and readings:** Additional articles will be provided at key points in the program.

**Self-study:** Watch for books, articles, art poetry, and even objects that renew you and bring you alive! Bring your ideas and learning to share with others over lunch and dinner. You may want to bring an item that has meaning for you as an anchor (e.g. a compass, paper weight, etc.)

## 5. ASSESSMENTS

**The 16pf®:** *You will receive a link to complete your 16pf® assessment two+ weeks in advance of the retreat (e.g., week of March 26.) (Some have already competed the 16pf® in other forums.) This online assessment is 185 items and generally takes 30-50 minutes to complete. You will receive your 16pf® Interpretive Report and a review worksheet in advance of the retreat if you complete the assessment by 4/4. The earlier you complete the assessment, the earlier you will receive your report. Participants may receive a personal 45-minute coaching session, during April.*

The 16pf® Questionnaire (16 personality factors) is a reliable, validated tool with decades of data behind it. It is highly effective at revealing potential (your gifts), confirming life-work fit and preferences, and identifying development needs (your growth points). Unlike many personality assessments designed for use in business, the 16pf establishes a fully-rounded picture of the whole individual, making it a vital roadmap for navigating life decisions.

**The Passion Test™:** *Instructions provided no later than one week before the retreat.*

Passion: The Key to Your Life’s Purpose – Every one of us was placed on this earth with a unique gift to give. Your life’s purpose is to discover that gift, and then to give it. Unfortunately, too many people complete their entire life without having fully identified their unique gift and never being able to fully give it. This is one of the reasons our world is in its current state of confusion.

The first part of The Passion Test is to make a list of your passions, those things you love most, are most important to you, that you care deeply about and are most critical to your happiness and well-being in your life. Think of all the different areas of your life including: relationships, health, career, finances, spiritual life, the kind of environment you choose to live in, the kind of people you like to work with, etc.

Ultimately, using a process integrating insight and paired comparison, we will narrow a long list of passions to a short list of priorities that can inform your life decisions, even when those decisions must be made in an instant.



## 6. POETRY

Poetry for your renewal! You are invited to bring poems and writings that speak to personal and professional renewal.

### **What to Remember When Waking**

In that first hardly noticed moment in which you wake,  
coming back to this life from the other  
more secret, moveable and frighteningly honest world  
where everything began,  
there is a small opening into the new day  
which closes the moment you begin your plans.

What you can plan is too small for you to live.  
What you can live wholeheartedly will make plans enough  
for the vitality hidden in your sleep.

To be human is to become visible  
while carrying what is hidden as a gift to others.  
To remember the other world in this world  
is to live in your true inheritance.

You are not a troubled guest on this earth,  
you are not an accident amidst other accidents  
you were invited from another and greater night  
than the one from which you have just emerged.

Now, looking through the slanting light of the morning window  
toward the mountain presence of everything that can be  
what urgency calls you to your one love?  
What shape waits in the seed of you  
to grow and spread its branches  
against a future sky?

Is it waiting in the fertile sea?  
In the trees beyond the house?  
In the life you can imagine for yourself?  
In the open and lovely white page on the writing desk?

~ David Whyte ~