

The Shambhala Institute for Authentic Leadership

Making Our True Move: A Women's Leadership Workshop

Arawana Hayashi & Mary Stacey

The Verity Club, Toronto – October 14 - 8:30 a.m. – 5:00 p.m.

As leaders with complex, busy lives we can become preoccupied in ways that limit our effectiveness. This workshop will help you cultivate greater awareness in the present moment so that you can flexibly navigate emerging leadership challenges.

A true move is an authentic expression of who we are in the present moment. It becomes possible when we are thoroughly present in our body, open-minded in our conversations, and in tune with our context. When we make a true move, we creatively respond to whatever situations we find ourselves in.

Making Our True Move will leave you feeling more 'in sync' in your life and work, able to creatively balance taking care of business, taking care of others, and taking care of yourself. Gentle, user-friendly movement exercises and conversation with other women leaders will help you shift habitual thinking patterns, strengthen personal confidence, and express your leadership in ways that positively influence your relationships—and your results.

Join special guest Arawana Hayashi and women's leadership development specialist Mary Stacey in this unique program which Arawana has incorporated into international leadership programs offered by the Presencing Institute and MIT's Society for Organizational Learning.

You will leave the workshop with a greater ability to:

- Demonstrate authentic leadership in tune with your context
- Access the natural creativity that exists within and around you
- Balance conceptual knowing with intuition for powerful, positive action
- More flexibly navigate personal and organizational change

Date: Tuesday, October 14, 2008

Time: Registration and Breakfast begin at: 8:15 a.m.
Session: 9:00 – 5:00 p.m.

Location: The Toronto Room

Cost: \$285

Register: <https://www.shambhalainstitute.org/workshops/2008TrueMove10/register.html>

Information: moreinfo@contextconsulting.com

** dress comfortably for movement exercises

About the Facilitators

Arawana Hayashi's work as a choreographer, performer and educator is deeply sourced in improvisation and collaboration. She was Co-Director of the Dance Program at Naropa University, Boulder, CO and founder-director of the Jo Ha Kyu Performance Group in Boston. She now teaches both movement and meditation at the Shambhala Institute for Authentic Leadership, Halifax, NS; the Authentic Leadership program at Naropa University; and with Otto Scharmer and the Presencing Institute, Cambridge, MA. She brings her work to Eileen Fisher, Inc., ONE cell phone company, Intrinsic Futures Consulting in Vienna and to social change projects around sustainability.

"Arawana's movement exercises, although apparently simple, bring out an awareness of self that no intellectualized process can offer. They take us to an "agenda-less" place, which is the essence of our activity in the world. Her own presence is the key to her ability to ease us into this sometimes long forgotten world." ~ Mariette S., Alberta

"I got it! I now understand that not all my intelligence is in my head and that there's a lot more to my body than 'going with my gut'. Thank you for helping me discover this in a way that is inviting, non-judgmental, and enjoyable" ~ Elizabeth K., Toronto

Mary Stacey is a champion of women's leadership as managing director of Context Consulting she works at the intersection of strategy, leadership, and change with clients including The Canadian Space Agency, VanCity, and Canadian Tire Corporation. Her results were recently profiled in The Change Handbook (2007). As a facilitator in the U.S. based Women in Leadership program at the Center for Emerging Leadership, Mary contributed to My Story Listens to Your Story (2003). She is on the organizing committee for the YWCA Women of Distinction Awards (2006-08). Recent conference presentations include Engaging the Imagination: The Leaders New Work and Sustaining Learning after Executive Development at the Conference Board of Canada. Mary holds an MA in Organizational Leadership and Learning.

"What you bring and how you bring it has a genuine positive effect." ~ Dale C., Toronto

"I am deeply grateful for a very thought-provoking session. Thank you especially, for creating such a safe and intimate environment where I felt comfortable being candid." ~ Carla K., Toronto