

## Taste of Conscious Leadership

This event is for organizational leaders to explore the core concepts and models of conscious leadership. 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.

This event is **highly experiential**. You'll engage in multiple exercises in pairs and triads with follow-up full group debriefs. Your vulnerability and authenticity will support a richer learning experience for all.

## 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 describe 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

- The event will start at 8:30am PT sharp and ends at 1:30pm PT. There will be 3 90-minute sessions with 15 minute breaks in between. See upcoming Tastes [here](#).
- This Virtual Taste is for Business Leaders. This particular event is not for coaches. We enthusiastically invite coaches to register for our 4-week Introduction to Conscious Leadership Course.
- Each participant must login to the event individually (not as a team in front of one camera).
- By registering for this event, you agree to be on your computer with video for the duration of the training except breaks and when you need to step away.
- Group sign-ups are limited to 5 per company. If you're interested in an intro training for more than 5 leaders, contact [hello@conscious.is](mailto:hello@conscious.is) to explore options.

## How to Prepare

Though there isn't anything you need to do in advance to receive high value from the experience, we recommend that you read [The 15 Commitments of Conscious Leadership](#).

## Contact Us

[hello@conscious.is](mailto:hello@conscious.is)