

## **WITH HEARTS WIDE OPEN: A SEMINAR ON CONTEMPLATIVE LEADERSHIP**

### **Intentions:**

- To create a shared understanding of contemplative leadership
- To explore the concepts of compassion and power as dimensions of contemplative leadership
- To offer space for reflection and support for contemplative practice at a time in our world where contemplative leadership is needed more than ever.
- To provide resources and support for your contemplative leadership

### **Sample Agenda:**

*Following is one example of how your days might unfold as you engage in this seminar. In this example, we assume that you will set aside a block of time each day, perhaps in the mornings, to listen to and work with the materials provided in a given module. As you go about your day, we encourage you to notice your thoughts and actions in light of the day's theme. Then at day's end, look back over your day to notice the times when you felt aligned with the Spirit and when you may have been "looking the other way." You might wish to journal about this as well.*

*In addition to the time noted, we encourage you to set aside time during the day for silent prayer. Perhaps you would want to take time to hold in prayer models of contemplative leadership in your life and the other contemplative leaders engaging with this material virtually.*

*Feel free to modify the schedule as seems right for you, spending more or less time on any one item or even skipping parts entirely. Listen to what seems invited for you and be open to making changes as you feel led.*

### **Before we begin**

Reflect on what brought you to this course.

Familiarize yourself with the course website.

Begin to hold other contemplative leaders in prayer.

### **Module 1 - What Is Contemplative Leadership?**

Opening video (7 min.)

"What Is Contemplative Leadership?" audio (10 min.)

Journaling with questions (20-30 min.)

----- (*Going about your day*)

Reflecting back on the day (20 min.)

## **Module 2 - Compassion and Contemplative Leadership**

“Compassion and Contemplative Leadership” audio (19 min)

Worksheet (x min)

Journaling with questions (20-30 min)

----- (*Going about your day*)

Reflecting back on the day (20 min)

## **Module 3 - Compassion and Contemplative Leadership (cont.)**

“Guided Meditation on Compassion” audio (20 min)

Journaling with questions (20-30 min)

Compassion Quotes (20 min.)

----- (*Going about your day*)

Reflecting back on the day (20 min)

## **Module 4 - Compassion and Leadership (cont.)**

Exploring other resources (60-90 min)

Journaling with questions (20-30 min)

----- (*Going about your day*)

## **Module 5 - Power and Contemplative Leadership**

“Contemplative Leadership and Power” audio (20 min)

Review of Resources (20-40 min)

Journaling with questions (20-30 min)

---- (*Going about your day*)

Reflecting back on the day (20 min)

**Module 6 - Contemplative Leadership, Compassion and Power; What Will I Take Away?**

Review of resources if desired

Final video (9 min)

Journaling with questions (20-30 min)