



2020 Zen Leadership United States Programs

Zen Leader 3, March 5 – 8, Spring Green, Wisconsin

LEADING TRANSFORMATION: The end, but not the end. The final course in the Leader Series equips you with the physical condition to face challenging situations, work on a subtler level, and create what you're here to do. By seeing the whole picture, you'll be able to seize new opportunities and turn your visions into value. We'll guide you in taking on a transformation project of your choice, where you apply all the "flips" and practices you've learned with support from instructors and peer coaches. **Prerequisite:** Zen Leader 1.

Learn more and register: <https://zenleader.global/programs/leader-series/zen-leader-3/>

Zen Leader 1, April 16 – 20, Spring Green, Wisconsin

A SOLID FOUNDATION: ZL1 introduces you to essential Zen practices to set you on the right path. We'll guide you through FEBI, the only personality assessment that links body and mind to show you how to manage your energy. We'll show you how to apply Zen tools from seeing two sides, to becoming the other, to reframing some of your biggest challenges. By the end, you will leave with greater energy, less mind chatter, a more grounded presence and a sustainable change in how you handle challenges. **No prior experience needed.**

Learn more and register: <https://zenleader.global/programs/leader-series/zen-leader-2/>

(Calendar continues on next page)

HEAL (Healthy, Agile, Embodied Leadership), April 30 – May 3, Spring Green, Wisconsin

Become a Resilient healthcare leader: Now more than ever, the systems and people working within healthcare are close to collapse. Only through resilient, agile and wise leadership, can we be the difference we want to make – and that starts with the individual. Focusing on a leadership challenge of your choice, you'll explore practical ways to reframe challenges, work with paradoxes, influence others and realize goals. You'll also learn resilience practices, breathing exercises, zazen meditation, ways to manage energy, and how to apply all this to your team or system. **No prior experience required.**

Learn more and register: <https://zenleader.global/programs/heal-series/heal-1/>

Zen Leader 2, May 14 – 17, Spring Green, Wisconsin

THE NEXT STEP TOWARD LIVING AND LEADING WITHOUT

FEAR: ZL2 tackles the root causes of fear and allows you to bring out the best in yourself and deepen relationships with others. Ideal for leaders and entrepreneurs, we'll train in how to resolve conflict, strengthen relationships and lead with confidence. Along the way, we'll introduce you to more advanced Zen techniques to work with your "shadow-side resistance" and its connection to fear, and "controlling the riot" within whenever you feel overwhelmed. **Prerequisite:** Zen Leader 1 or HEAL 1. **Note:** This ZL2 program will be combined with HEAL 2.

Learn more and register: <https://zenleader.global/programs/leader-series/zen-leader-2/>

HEAL 2, May 14 – 17, Spring Green, Wisconsin

THE NEXT STEP TOWARD BUILDING UNSHAKABLE RESILIENCE:

HEAL 2 is where we work at removing fear, first in ourselves and then helping others. We'll trace the roots of fear and share several ways to overcome it, along with skills to resolve conflict, empower others and deepen relationships. You'll also learn more advanced Zen techniques to work with your "shadow-side resistance" and its connection to fear, and how to "control the riot within" when faced with overwhelming situations. **Prerequisite:** HEAL 1 or ZL1. **Note:** This HEAL 2 program will be combined with ZL2.

Learn more and register: <https://zenleader.global/programs/heal-series/heal-2/>

Please share this calendar with people who may be interested in Zen Leadership!