



## MINDFULPRACTICES in TRANSFORMATIONAL LEADERSHIP



### A SOL\*TICE RETREAT

This will be a two-day weekend retreat preceded by a Friday open conference to explore the different aspects of mindfulness, their connections to organisational value, and how to apply them to developing the inner capacities and skills of transformational leadership. There will be some theory, but largely it will be an experiential space to support the unfoldment of creative action, and embed this within a community of practice. It will be an opportunity to dialogue with kindred spirits and build up local and international community.

#### **You will learn:**

some basic mindfulness practices focussing on mindful presence in communication and the connections between mindfulness, organisational value, sustainable business and skills to leading from the future as it emerges (presencing)

*The East West Sanctuary was created to foster dialogue between East and West through mindful practice. It has hosted several international seminars bringing together scholars in organisation, activists and mindfulness practitioners. This collaborative seminar between SoL and Incubatio represents a step forward in grounding the work in local community, whilst sharing it internationally.*



#### **SoL Institute, Hu - Agota Eva Ruzsa**

As co-founder of Ariadne Gaia Foundation(1989), Director of SoL Institute,(2004), and Chair of Learning Organisations for Sustainability,(2007), she

has been instrumental in deepening knowledge and understanding of the natural connection between thinking & feeling systems in a process of mindful dialogues, mindfulness based personal mastery, both enhancing a great deal the emergence of collective (organisational/societal) intelligence in action oriented partnership based cooperation towards a mindful society. Her commitment has inspired many since the mid 80s due to her activities in the educational, organisational and NGO fields both in Hungarian and international context.

#### **Incubatio, UK - Dr Bronwen Rees**

As founder of [Incubatio](#), and Director of the Centre for Transformational Management Practice, at Anglia University, Cambridge, Dr Bronwen Rees spent over 20 years researching into, and introducing mindful practices into the workplace and has lectured and published worldwide in this area. She is also a full UKCP-accredited psychotherapist with a thriving practice in the UK., and the founder of the EWS in Nagykovácsi, off Budapest, Hungary.



## Programme

June 26<sup>th</sup>

**10.00 – 4.00 MindfulPresence Applied  
Participative Dialogue Conference on Re-Sourcing of Human Resources**

**Venue:** Nagykovácsi/Budapest ???

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## Week-end Retreat

### Friday evening

6.00 Arrival in EWS, Nagykovacsi

7.00 Check In Circle and Evening meal to be taken in local restaurant

Theme: *What is it that wants to emerge in my having come here?*

### June 27<sup>th</sup>-Saturday

#### Morning

Sunrise – Greeting Movement meditation (optional)

8.00 Mindfulness Meditation (sitting and walking meditations)

8.30 Breakfast (Mindful Eating)

9.30 Opening Circle

Theme: *Where am I in my life now?*

10.30 Introduction to Mindfulness – Mindful dialogues and the process of Presencing

Theme: *What transformation is opening for me?*

11.30 Theme: Sustainability-Wholeness-Resilience. The human *relations* and the concept and experience of wholeness.

*What do I need to let go?*

*How can I ensure my life is sustainable?*

12.00 Mindful Communication

1.00 LUNCH and NATURE WALK and JOURNALING

3.30 Opening to the Unknown-Generative Spaces

Theme: „*We are internally related to everything. Not externally. Consciousness is an internal relationship to the whole.*” [D.Bohm, Nobel prize](#) winner quantum physicist

Re-connecting and communing in living relations-connection between self and society and Gaia.

Short talk and practices in self&peer awareness: aware attention & generative presence

5.00 tea

5.30 MindfulPresence: BodyScan and Metta (Loving Kindness) Meditation

6.15 Closing Reflections

7.00 Evening meal in restaurant: Náncsi néni.

9.00 Living in Light-Summer Soltice – sitting around the fire in deep listening to *What wants to emerge?*

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## **Sunday**

7.30 Walking Meditation and Metta Meditation

8.30 Breakfast

9.15

Check in - Reflection Dialogue

Theme: Sustainable organizations, new science and mindfulness

Where am I in all that – being my own leader?– visualization and letting in:

Intuitive leadership

11.00

Theme: Presencing the Emerging Future

Sharing of our emerging future – ProAction Cafés

LUNCH

2.00 Closing circle and Departure

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### **Cost :**

90.000.120.000 HUF/300-400 € per person coming from Western countries

45.000-90.000HUF/150 -300 € per person coming from local and Eastern European countries.

Cost includes tuition, handbook, two nights overnight accommodation, breakfast and simple vegetarian lunch, teas and coffees.

Participants will be expected to pay for their evening meals.