

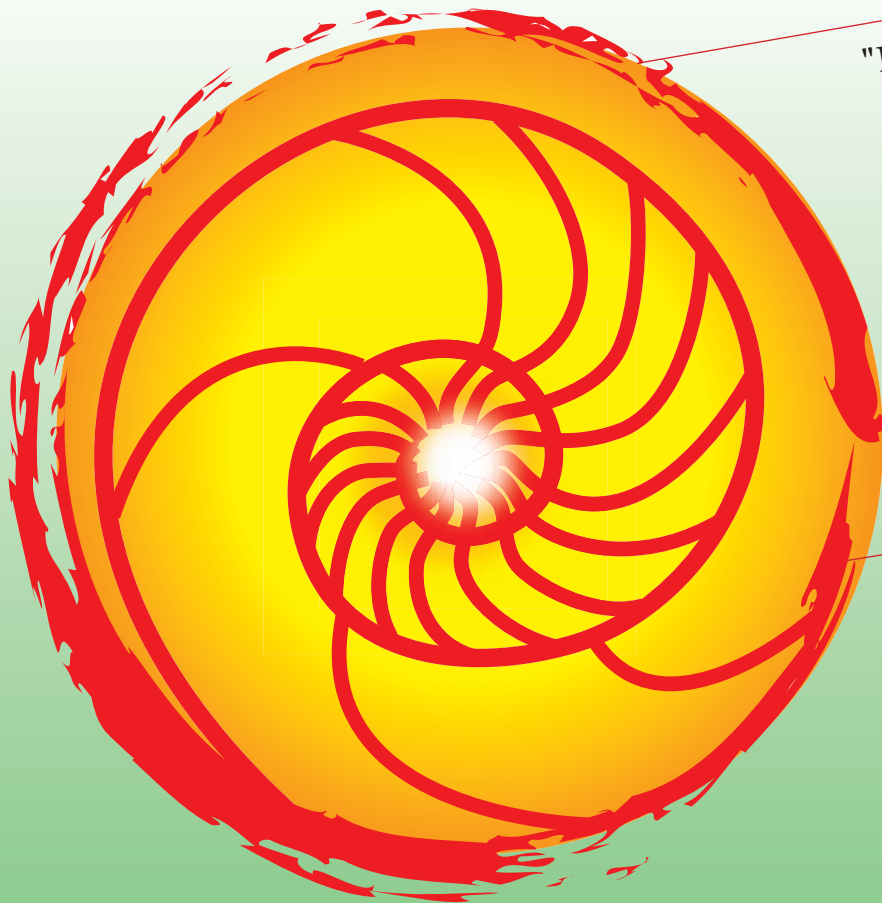
# THE ENLIGHTENED LEADER

3-DAY WORKSHOP:  
DEVELOPMENT OF  
A PERSONAL  
LEADERSHIP  
PRACTICE

TUESDAY,  
JUNE 23rd  
to  
THURSDAY,  
JUNE 25th

"Leaders transcend themselves. They are capable of recognizing their own fear, weakness, selfishness, and self-absorption and are able to suspend and go beyond all of that in order to serve the needs of other people."

– Swami Chetanananda,  
The Movement Center



The Movement Center  
The power of spirit

**T**he **Enlightened Leader** program is a groundbreaking collaboration between the developers of the Personal Leadership methodology and the meditation teachers at The Movement Center. The program integrates authentic leadership and yoga principles and practices to help you lead most effectively.

This workshop will provide the environment and tools to enable you to reach your highest potential as a leader, benefiting society, organizations, teams and self. Our fundamental premise is that leadership begins with the capacity to lead oneself. Personal Leadership involves taking charge of all of your resources - heart, body, mind, and awareness of creative energy.

The curriculum combines the tools and interactive exercises of Personal Leadership with yogic practices that cultivate stillness and awareness.

#### **In this workshop you will learn to**

- Develop leadership-of-others skills aligned with spiritual practice
- Generate options for action in situations where you feel stuck
- Engage in challenging situations with curiosity rather than fear
- Sustain high levels of motivation and commitment
- Immediately apply new insights to daily activities and relationships

#### **From past workshop participants:**

*"These three days have opened areas within myself that need further exploration. I've got new wonderful tools to use immediately to better my life and all lives that I come into contact with. Thank you!"*

*"Speaking deeply, honestly, and in community with colleagues, well known and not - has been a privilege. Your teaching was inspiring and a joy."*

*"This workshop was very powerful! It brought out areas in my life where there was conflict between my leadership vision and life."*

#### **Workshop Includes:**

- Continental breakfast and lunch
- Dinner for those attending evening events
- Free parking at NE 31st & Holladay

#### **Workshop Cost:**

- General
  - \$535 before June 1st
  - \$595 on or after June 1st
- Educators and nonprofit
  - \$500 before June 1st
  - \$535 on or after June 1st
- Group discount: 4th person from same organization comes for free.
- The Movement Center members
  - \$535 Basic Members
  - \$500 Supporting & Sustaining Members

*Lodging is not included in the workshop cost. Conference rates are available at the Residence Inn by Marriott-Lloyd Center, a 15 minute walk from The Movement Center. Call 1-888-236-2427 or 503-288-1400. Ask for the conference rate for the Enlightened Leader Seminar.*

#### **Group Registration:**

Call Doreen Flores 503.231.0383 ext. 24 or Michelle Lawson 503.231.0383 ext. 11

#### **Register on-line:**

[www.themovementcenter.com](http://www.themovementcenter.com)



### About Personal Leadership

Personal Leadership is, at its root, about understanding and managing our own internal experience. Personal Leadership training is a powerful method to help us stay aware and inspired - regardless of the challenges that face us.

Cultivating Personal Leadership is one of the most profound actions we humans can take to move away from fear and mistrust and open to the creative possibilities that change presents to us. This methodology provides effective principles and practices that can help us become effective, authentic, and even enlightened leaders.



### About The Movement Center

The Movement Center is a center for the practice of meditation and yoga and a community of practitioners dedicated to spiritual growth. Its main facility is in Portland Oregon, nestled on three acres in the beautiful Willamette valley. The grounds, inspired by a fusion of Japanese traditional gardens and European landscaping, include walkways, meditation gardens, personal quiet outdoor spaces, a great lawn and roses. The facility has a magnificent meditation hall, gorgeous yoga studios, and natural light classrooms.



### INSTRUCTORS



**Swami Chetananda** is the founder and spiritual director of The Movement Center, an internationally known spiritual teacher and author of many books. He is the keynote speaker and will discuss the four pillars for personal leadership and teach advanced meditation on Tuesday and Thursday evening.



**Gordon Watanabe, Ed.D.** is one of the three originators of the Personal Leadership methodology. He is Professor Emeritus of Education at Whitworth University in Spokane, Washington, and a consultant to corporate, community and educational institutions. He is a meditation practitioner and teacher. He will facilitate the sessions on Personal Leadership practices and tools.



**Barbara Schaetti, Ph.D.** is an originator of the Personal Leadership methodology. She is a founder and principal of Transition Dynamics as well as a member of the faculty of the Intercultural Communication Institute. She is known world-wide for her work as an intercultural consultant. With Gordon, she will facilitate the sessions on Personal Leadership practices and tools.



**Swami Prakashananda** is Practice Director and a senior meditation teacher at The Movement Center. He took sannyas in July 2008 after over 30 years of spiritual leadership experience, and he is the author of numerous adult training courses on wisdom traditions. He will lead chanting and guided meditation.



**Sharon Ward, J.D.** is The Movement Center's General Counsel, one of its senior meditation teachers and a hatha yoga instructor. Sharon is also a leader in training search and rescue volunteers to use sensory input and awareness skills to help find missing persons. She will lead the sessions on cultivating stillness and attending to physical sensation.



**Tom Fabrizio** is founder and President of Lean Manufacturing Tools and has been teaching and implementing strategic planning, leadership development and value stream management for over 25 years. He has authored many books and training programs. Tom is the Program Coordinator.

The Movement Center  
1021 NE 33rd Avenue  
Portland, OR 97232

[www.themovementcenter.com](http://www.themovementcenter.com)  
503.231.0383  
[info@themovementcenter.com](mailto:info@themovementcenter.com)

## Program Schedule:

The Keynote Speaker, Swami Chetanananda, will speak from his experience on guiding principles for effective leadership. Personal Leadership trainers Barbara Schaetti and Gordon Watanabe will conduct two sessions each day on personal leadership practices and tools. Each afternoon Sharon Ward will teach a practice to enhance awareness skills. The evening program is optional and includes chanting, meditation and yoga, ending with dinner and Q&A session with our facilitators.

Time	Tuesday, June 23 Event {Speaker}	Wednesday, June 24 Event {Speaker}	Thursday, June 25 Event {Speaker}
8:30 – 9:00 9:00 – 9:30	Tea, Coffee, Breakfast Welcome & Introduction {Tom Fabrizio}	Tea, Coffee, Breakfast Introductions {Barbara & Gordon}	Tea, Coffee, Breakfast Introductions {Barbara & Gordon}
9:30 – 10:30	Keynote: Awakening the Authentic Leader {Swami Chetanananda}	Keynote: Enlightenment, Learning & Personal Growth {Swami Chetanananda}	Keynote: Empowerment & Service {Swami Chetanananda}
10:30 – 12:00	Personal Leadership Session # 1 {Barbara & Gordon}	Personal Leadership Session # 3 {Barbara & Gordon}	Personal Leadership Session # 5 {Barbara & Gordon}
12:00 – 1:00	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>
1:00 – 1:30	Cultivating Stillness 1: A practice for dealing with conflict {Sharon Ward}	Attending to Physical Sensation: A practice for dealing with assumptions {Sharon Ward}	Cultivating Stillness 2: A practice for receiving valuable information {Sharon Ward}
1:30 – 4:45	Personal Leadership Session # 2 {Barbara & Gordon}	Personal Leadership Session # 4 {Barbara & Gordon}	Personal Leadership Session # 6 {Barbara & Gordon}
4:45 – 5:00	Conclusions & Wrap-up {Barbara & Gordon}	Conclusions & Wrap-up {Barbara & Gordon}	Conclusions & Wrap-up {Tom Fabrizio}
5:00 – 6:00	<i>Break</i>	<i>Break</i>	<i>Break</i>
6:00 – 6:45	*Introduction to Open-Eye Meditation	*Hatha Yoga	
6:45 – 7:00	<i>Break</i>	<i>Break</i>	<i>Break</i>
7:00 – 8:00	*Open-Eye Meditation {Swami Chetanananda}	*Chanting, Meditation, Q&A {Swami Prakashananda}	*Open-Eye Meditation {Swami Chetanananda}
8:00	<i>*Dinner</i>	<i>*Dinner</i>	<i>*Dinner</i>

\* Optional Event



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