

Leadership, Love and Healing:

Deepening Awareness of Self, Other and the World at Large

An Exploration for Evolving Leaders

Whether You're Leading a Multi-Billion-Dollar Organization,
Your Adolescent, Your Toddler, or "Just" Yourself

facilitated by

Reggie Marra, M.A., Integral Coach™

8 Sundays, September 9 - October 28, 2012

1:00 - 3:30 PM

Beyond, or perhaps beneath, your essential leadership qualities or skills lies your worldview. How aware are you of the lenses through which you view the world, and of the direct impact and ripple effects of your leadership? Your participation in this program will directly engage what you're able to see, how you see it, and what, currently beyond your field of view, can enhance and deepen your vision.

Where: Palabra Counseling & Training Center
Village Square, Suite 207-B
530 Middlebury Road (Rte. 64)
Middlebury, CT

Tuition: Before August 25: \$240.00
August 25-Sept. 7: \$280.00

Online Registration & More Information:
<http://leadershiploveandhealing.eventbrite.com>

More about Reggie's work:
<http://reggiemarra.com/>

Eight Weeks at a Glance

Our basic premise is that the more aware each of us is of how we see, behave in, and relate to the world, the more effective we can be as leaders. To the extent that we're unaware of and unfamiliar with the stories we tell, the beliefs we hold and the conditioned responses that hold us hostage, our leadership is diminished. Over the course of eight sessions, we'll step back and take a look at the biggest picture available to each of us, courageously step inside our own stories and investigate our unique ways of being in the world, and then re-engage the big picture from a place of deeper understanding and fuller embodiment.

This is not about pointing out or learning "leadership qualities or skills" (e.g. integrity, confidence, assertiveness, vision, resilience, listening, emotional intelligence, etc.), all of which are essential. *It is about* the invaluable impact that deepening awareness and ongoing development have on these and other qualities: **Oversimplified example:** *ego-centered leaders listen differently than team-centered leaders; team-centered leaders assert themselves differently than world-centered leaders.*

Each session will start on time and include check-in, introduction/review of relevant research and models, direct experience/application and debrief of session focus, Q & A, and brief look at what's ahead.

WEEK 1: Welcome and introductions; the roles of vulnerability, intimacy and paradox; overview of "what's at play each moment of our lives"—a comprehensive map of the stories we tell through the four foundational elements of worldview, behavior, culture and environment; the relationships among leadership, love and healing.

WEEK 2: Development and Change; looking *at* what we previously looked *through*; a practical look at (some common threads among) different developmental models; "automatic," "serendipitous," "imposed" and "intentional" development;

WEEK 3: Resistance to Change: why even when we're good people, we commit, and we really try, true change is difficult to sustain (e.g. New Year's Resolutions). We'll engage, and you'll leave with, a process that will allow you to understand and overcome your unique resistance (and you can use it whenever you need it).

WEEK 4: Inquiry: the power of direct questioning – what's true, what's a story, and how can you tell? The difference between "truth" and "truthfulness," and between "reality" and conditioned "thinking about reality."

WEEK 5: Shadow: recognizing and owning the disowned, repressed aspects of ourselves—both "positive" and "negative" as an essential move toward wholeness and healing. We'll also see why some people who REALLY upset us actually remind us of some aspect of ourselves we'd rather not acknowledge. Great fun!

WEEK 6: Dying and Death: understanding those "small, everyday practice deaths" as ordinary elements of development and change, and as invaluable experiences toward preparing for our own physical death.

WEEK 7: Living Poems, Writing Lives: engaging poetry-writing as a vehicle for processing the work of weeks 1 through 6. No previous poetry-writing experience needed. Show up, engage, and be amazed at who you are, what you can access, and what you can write. Guaranteed.

WEEK 8: Summary, Witness and Close: we will step back and honor the work each of us has done, envision our respective paths forward, and continue to live into the answers we'd like, but do not yet have.



Reggie Marra, the author of two nonfiction books and two volumes of poetry, has been an educator for 37 years. After 21 years in secondary and higher education, he founded *Integral Journeys* in 1996. He offers a variety of workshops on identity, perspective and poetry writing as a way to know the self in classrooms and boardrooms in the U.S. and Canada. Reggie is committed to his own and others' ongoing development and deepening awareness, while maintaining the ability to laugh throughout the process.

Since the late 1990s he has conducted poetry-writing and integrally informed human development workshops independently as well as through his affiliations with Goddard College's [Transformative Language Arts Network](#), the [National Association for Poetry](#)

[Therapy](#), the [Iona Spirituality Institute](#), the [Connecticut HOT Schools Summer Institute](#), the [Arts Alliance of Northern New Hampshire](#) and the [Vistage](#) (US) and [TEC](#) (Canada) Executive Coaching organizations.

Books:

[*This Open Eye: Seeing What We Do*](#) (poetry, 2006)

[*Living Poems, Writing Lives: Spirit, Self and the Art of Poetry*](#) (nonfiction, 2004)

[*Who Lives Better Than We Do?*](#) (poetry, 2001)

[*The Quality of Effort: Integrity in Sport and Life for Student-Athletes, Parents, and Coaches*](#) (nonfiction, 1991)

A Kindle edition, revised for 2012, will be released in Fall, 2012.

Comments from the field:

"His unique approach and creative methods have truly changed my life. He is genuine and kind, and has a remarkable way of leading others into a state of increased self-awareness....I highly recommend Reggie's work to any individual or team..." - **Robert Gambardella**, CPA CTC, [Concierge Tax Services, LLC](#), Shelton, CT

"It is a true art to watch Reggie work his magic...His gentle manner and wonderful sense of humor invite honesty and remove fear....He has the type of persona that crosses all age, race, and educational barriers."

- **Sue Cavanaugh**, Educator, Regional School District 15, Middlebury, CT

"I can't say enough about Reggie's coaching services, and I can easily say he changed my life. What's amazing is that he accomplished this without telling me how to think or behave differently. His breadth of knowledge and experience and his uncanny sense of intuition make him an extremely effective guide..."

- **Michael Sallustio**, Nutritional Counselor, Personal Fitness Trainer, Annapolis, MD

"You left a lasting impression....a clear cool drink for a thirsty soul, that's what you gave. You'll always have a welcome in the North Country."

- **Olga Morrill**, Program Director, Conway Public Library, New Hampshire

"Reggie Marra works as a coach and a presenter in a manner that makes us feel we are both confidant and friend. His work is affirming, instructive and inspirational as he explores the relationships among the needs of spirit, body and intellect. He gently wends his way into our lives and questions us about that which is integral to our happiness, success, and finally, our peace of mind." - **Gayle Beyer**, Owner/Principal Designer, [GAYLE BEYER DESIGNS, LLC](#)

"....Each year I continue to incorporate activities [Reggie] taught in my classroom. Not only did he touch the lives of 22 students while he was here, but he has influenced the lives of all the students I've had since. I am a better teacher of writing after working with him."

- **Mary Ann McAndrew**, Pleasant Valley School, South Windsor, CT

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Questions: 203-723-1421