

# Path Towards Coherence

## Leadership Guidance Program



**the threefold path**

This leadership guidance program is designed for business owners, executives, leaders and individuals who are wishing to bring about more harmony to the many aspects of their working life. Many of the coaching programs today provide frameworks or 'hacks' to be more efficient, agile, resilient and productive. This program will challenge many of these widely accepted views and also challenge the lens through which we view reality. Only by observing the modern "sea of incoherence" we live and work in, can we begin to develop ways to navigate this more carefully and consciously. To achieve this we must deepen our understanding of thinking. What if what we consider to be thinking, isn't thinking at all? Could it just be unconscious associations, programs and habits that fill our mind? By "learning to think again" we begin the necessary work to create a foundation from which more care, meaning and morality can inspire how we speak and act.

This is a program of work involving active participation whereby the individual must take personal responsibility for where they are. It is where you are, not where you wish you were, where this journey begins.

This program is a 7 week program covering the following weekly topics:

**observing incoherence    thinking about thinking    just two feelings    the will impulse**  
**speaking responsibly    acting morally    walking the path**

A paper on each topic will be sent to be read and pondered. Following this is a 60 minute discussion where we shall deepen the understanding and relevance of the topic and how to bring this to life in your weekly working rhythm. A follow up discussion shall occur at the end of the week to discuss the 'living practise' component which are the 'experiences' of the week.

After observing and experiencing many unsuccessful programs of organisational change and individual development, throughout my career, I began to ask much deeper questions. Why were the outcomes not meaningful or lasting? As more people begin to question current "business models and outcomes" they are also noticing the lack of clarity, cohesion and fulfillment of these ways of working. They are looking for answers, but at times are unsure what questions to ask. It is through exploring more deeply these questions that the leadership guidance program can assist one along their own path of self development, to begin to connect with their purpose. bring more harmony to their inner and outer worlds and create meaningful and lasting change.

Over 20 years of lessons learned working as an educator and also within large corporate businesses, are combined alongside additional insights from many years of additional studies, contemplation, meditation and inner work to create a program of self schooling that is truly unique.



**how to connect**  
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*"to be free is to be capable of thinking one's own thoughts – not the thoughts merely of the body, or of society"*

Rudolf Steiner