

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 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 much of what we may consider as *normal*.

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 and feeling. 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? What about our baseline emotional patterns that may include frustration, anxiety, anger or overwhelm? When we can "learn to think and feel again" in a healthy way we begin the necessary work to create a foundation from which more care, meaning and morality can inspire how we speak and act.

This program explores seven modules covering the following topics:

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

Each module has a paper for your consideration and will include 2 x 1hr sessions where we shall deepen the understanding and relevance of the topic and how to bring this to life in your weekly working rhythm.

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