

# STEPS TO LEADERSHIP OF OUR LIVES



## An Indoor and Outdoor Adventure

*"A journey of a thousand miles begins with the first step."*

*- an Arabic proverb*

**With Dr. Frank Cardelle**

Leadership is not just a title, rank, position or social status. It is not just about something we do. It is about who and what we are. It is a natural evolving process of living and becoming. A process of learning to understand ourselves, others and to be fully conscious. To take our place in the world in everything we do, everyday and in every moment.

In this workshop presentation participants will become acquainted with some of the methods and principles of this process and how to better understand our role in this no matter if this is in the family, workplace, relationship or in the community.

The focus and objectives:

- Reclaiming the wealth of our inborn capacities and hidden resources.
- Understanding how we waste, abuse our own creative power and develop stress and disorder in our lives
- Learning how crisis is a wakeup call to do our lives better
- Seeing leadership as a process of becoming
- New creative tools for changing fears and insecurity to courage and action
- Re-becoming the leaders we were meant to be
- Re-connecting with the wisdom of nature
- Fun, challenge and surprise

Drawing from over 25 years of study, training, traveling and cross-cultural lessons: plus an extensive background and a synthesis of Humanistic, Transpersonal Psychology, both Eastern and Western modalities, and Native American tradition. The participants will be invited to co-create an atmosphere of dynamic learning, dialogue and shared life stories. Surprise, fun and laughter can also be possible. WELCOME!

**For more information:  
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