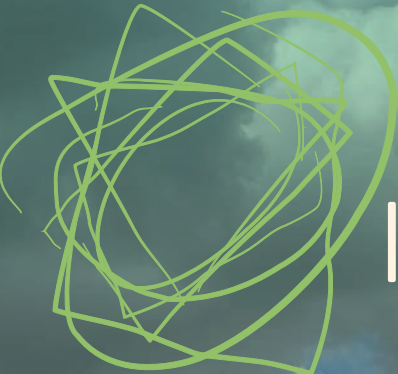


integral  listening[®]

Leadership and Meaning

DURATION: 2 2-DAY SESSIONS

The question of the meaning of life and the meaning of our management work is posed to each and every one of us sooner or later. A changed inner attitude, compassion for ourselves and others, and confrontation with our dark sides support us in following the path to conscious living and conscious management.

In this compact learning and training program, we will confront ourselves through the form of reflections and contemplative exercises and trace our own responses with poems by Rumi, Rainer Maria Rilke, Hilde Domin and Ingeborg Bachmann.

The basis of this program is formed by the concepts of the informed body from integrative counseling, approaches from transpersonal psychology, nature-based vision quests (Bill Plotkin), Ken Wilber's integral perspective, and Arnold Mindell's process-oriented psychotherapy.

Target Group

Managers, businesspeople and entrepreneurs who have experienced and understand that our world does not consist of separate aspects but, rather, is connected with being in itself.

Managers, businesspeople and entrepreneurs who would like to confront the deeper aspects of the meaning of their leadership work.

Uses

- A changed inner attitude towards ourselves and our fellow human beings
- Confrontation with the meaning of life
- To have greater trust in one's own experience and in one's own intuition
- Treasuring the present moment
- Learning alongside contemplation exercises
- Confrontation with the darker aspects of oneself

Principles

- In each module, various reflection and contemplation exercises will be presented and practiced
- Analysis of selected texts and poems
- A large proportion of self-reflection and reflection with colleagues

Module 1

The Yearning in Us

Duration: 2 days

- The informed body
- Our mission in life
- The light and dark sides in us
- The step toward change

Module 2

The Abundance of Our Lives

Duration: 2 days

- Trusting in life
- Our mission in life
- Being in dialogue with nature
- Compassion and the way of the heart
- Vision quest



Dipl.-Ing. Sabine Pelzmann, MSc MBA

Sabine Pelzmann, Dipl.-Ing., MSc, MBA, works as an integrative coach, systemic-consultant, sculptor and author. She lectures in leadership, system theory and organizational development at several universities and is also the mother of two daughters. She heads a consultancy company “Integrative Organisationsentwicklung” in Graz/Austria and has worked with executives in expert, profit, non-profit and public organizations for more than 20 years. She is experienced in the conception and implementation of change processes as well as the design of reflexive leadership development programs. The central themes of her consulting are change, release, decision, reorientation and unique leadership.

Sabine Pelzmann was born in Austria in 1966 and grew up on a farm. She studied at the University of Natural Resources and Life Sciences in Vienna and Danube University, Krems.

During her studies, she worked on growth processes, integrative consulting, system theory, process-oriented psychology and ecological

approaches to business and agriculture. Her multidisciplinary education allows her to work in various fields and her work is characterized by interdisciplinarity, cross-sectoral approaches, value orientation and application to real life.

Sabine Pelzmann has consulting experience in Austria, Denmark, Georgia, Israel, Italy, Switzerland, Ukraine and the United States. Leadership and management theories, the integrative approach by Hilarion Petzold, process-oriented psychology and the archetype concept constitute the basis of her work.

As an artist her sculptures are bodies that stand just like people in real life in dialogue with the world. She compares them to physical memory in which the history of life is engraved. “The world is written in our bodies while we are expressing ourselves through these bodies. The appropriation of the world, the incorporation and the nesting in it is something that does not merely happen to us but takes place as a process of mutual creation.”



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