

NHBSR Conscious Business Leadership Program

Presented by Sojourn Partners and hosted at Saint Anselm College

Conscious Leadership: It's about Sustaining People, Planet and Profit:

The business climate in America is changing. Whether you are on the front line, managing at mid-level or leading from the c-suite, we all want to engage in meaningful work and to be a part of a culture that brings out the best in the human spirit. Likewise, customers are looking for brands that connect their industry practices to create a better world. Conscious companies like Whole Foods, Patagonia and NH's own W.S. Badger understand that business holds a higher purpose to bring value to its people, community and planet while sustaining alignment with creating profit. The path to sustaining that calling lies within conscious leaders who know how to apply emotional intelligence, systems thinking and mindfulness into their missions.



Program Objectives:

1. Increase conscious leadership knowledge, skills and abilities, including but not limited to: developing growth mindsets, building relationships through enhanced emotional intelligence, cultivating resiliency and agility and enhancing team culture.
2. Integrate values around people, planet and profits and engage in systems thinking practices.
3. Develop and engage in mindful and transformational leadership practices.
4. Create conscious leadership dialogue, language and tools through experiential learning in real time.
5. Create a personal development and business sustainability plan.

About NHBSR:

New Hampshire Businesses for Social Responsibility is a statewide nonprofit membership organization that convenes, inspires and supports businesses and their community stakeholders to build a more sustainable and prosperous state for all. NHBSR believes that businesses can do well while doing good and we strive to share stories, best practices and bottom-line results demonstrating that belief. NHBSR strives to give its members the most innovative tools possible to help businesses meet these objectives.

Sojourn Partners Conscious Leadership Training:

Sojourn Partners is a conscious company on its own development path. We have "Partners" in our name because we believe in collaborating with community stakeholders to achieve their vision. Our multi-disciplinary team has been delivering leadership development for over 20 years to empower leaders in their own evolution by providing enhanced tools, fresh paradigms and skill-building opportunities to cultivate more aware, focused and thriving organizations.

Leadership Training Schedule & Agenda

Month 1: Developing Growth Mindsets

Knowing how to shift perspective is the foundation to leading consciously. It all begins with understanding the mindsets of conscious leadership that expand awareness around engaging your people, living your mission and creating profit.

Month 2: Cultivating Curiosity

Conscious leaders make it a practice to use curiosity to open up possibilities and spur innovation. This applies to all aspects of work from interpersonal communication to enhancing productivity. Learn how to formulate powerful questions and apply them to the exploration of where things feel stagnant, discouraging or disconnected.

Month 3: Building Resiliency & Agility

Conscious leaders understand that obstacles lining their path can ultimately help them reach what they've set out to accomplish. Understand how to see obstacles as allies and work with them proactively.

Month 4: Exploring What Is Enough

Unconscious leaders make decisions based on a sense of scarcity and fear. Learn how to shift into a fuller awareness of where you have enough time, energy, support and resources.

Month 5: Creating the All-Around Win-Win

Enriching the well-being of your people, your stakeholders, the community and the environment while growing profits can be interdependent. Success in one can positively impact the others. By looking through the lens of systems thinking, you can learn how to best create the conditions to "nourish and flourish" in all areas.

Month 6: Making It Sustainable

With higher awareness and application of new knowledge, skills and abilities, conscious leaders begin to shift the culture of their organization. Strategic thinking, knowing how to "fill the well" and planning with clear intention replaces the unconscious tendency of leaders to go into default mode. All these aspects, once integrated, set leaders up towards greater sustainability.



Testimonials

The Conscious Leadership program was a great opportunity to step back from the daily grind and refocus holistically on management style, staff needs and overall operations. As a result, I left feeling energized as well as more self-aware and connected.” -Paula L.

“Not only do I feel like I will bring more inspiration back to my team, I know how to more authentically connect with them. The Conscious Leadership program gave me a sense of empowerment and clarity that lets me know when I am being reactive and what to do about it. I would recommend this retreat for any leader or business owner who wants to enhance their ability to be mindful, helping them to think more strategically.” -Nicole M.

“After our recent retreat, I walked away strengthened and motivated to employ conscious leadership skills such as using curiosity to identify problems and potential solutions as well as how to get on the same page with someone. I also have a path to bolster creative and flexible mindsets which will serve my heightened sense of purpose within and for the organization” -Carol S.

How to Apply

Go to www.NHBSR.org/lead
Program starts September 2019.

Location

Saint Anselm College Manchester, NH
NH Institute of Politics

Your Investment

\$3,000/person all-inclusive for 6-month program.
\$3,500/person non-member.