



# THE ARC

Living the Full Story  
of Your Personal Power

A Two-Day Workshop for Reflective Leaders  
Thursday and Friday, October 24-25, 2013  
Talaris Conference Center, Seattle WA

Facilitated by Dan Oestreich

*“So what does it take to qualify as a leader?  
Being human and being here.  
As long as I am here, doing whatever I am doing, I am leading,  
for better or for worse.  
And, if I may say so, so are you.”*

*-- Parker Palmer*

# Purposes

We are no longer in a world where there are only a few formal leaders and many followers fulfilling well-defined and static roles. The name of the game is “disruption,” and along with it, rapid adaptation as the only meaningful response to change. Many organizations are leaner, flatter and more externally competitive than ever before, with knowledge, collaboration, and innovation quickly becoming the life-blood of work environments. The rate of change continues to increase, making the demand for *contribution* and *leadership*, individually and collectively, higher than ever before.

To address this demand, our responsibility must be first and foremost to know ourselves well -- not only our strengths and weaknesses, but also our most natural, destined path to growth as human beings and leaders. This is a path that inevitably guides us whether we are fully conscious of it or not. By becoming more aware of it, more attuned to its nature and aligned with its guidance, we can accelerate our evolution and expand our possibilities for leading ourselves and others exceptionally well. The path is one of learning about our personal powers and how to become truly versatile in their application, helping us reach a state of *conscious wholeness*.

*There's a thread you follow. It goes among  
things that change. But it doesn't change.  
People wonder about what you are pursuing.  
You have to explain about the thread.*

*-- William Stafford, from "The Way It Is"*



# Participants

This workshop is designed for a small group, no larger than six people. Participants are typically those who are already accomplished in their line of work and who are continuing to explore the meaning of their leadership. Participants are deeply committed to their own *intra-personal* growth and understand that reflective leadership is not about a particular position of authority, stature, or influence. Rather, it is about how personal change can be the key to meaningful work and healthy relationships in *any* context: personal or professional.

Participants come from all walks of life: business, government, research, health care, education, social justice, the arts, or are in transition, unified in an awareness that inner growth drives outer results. The size of the group means that there will many opportunities to give and receive voluntary help as a natural part of the workshop. The process is a safe, reflective way to foster self-exploration, honoring each person's unique challenges, gifts and goals.

**Why attend?** You may attend to further your leadership effectiveness coupled to a sense of conscious wholeness and fulfillment. You may feel blocked, restless, faced with perplexing challenges or be on the edge of new discoveries and new decisions. You may be searching for a way to establish greater meaning in your life or work. You may come as the result of a yet-to-realize personal vision, possessing a genuine curiosity about the possibilities that await you.



## Benefits: What You Will Learn

- Better understanding of four primary aspects of personal power and how you personally use, overuse, or underuse them.
- Insight into your own “destined” path of personal growth and how to positively and specifically apply this knowledge to your own most pressing leadership challenges.
- A higher level of self-acceptance and ability to take joy in your own growth, rather than be driven by negative concepts of change or over-reliance on less than helpful personal thinking or behavioral patterns.



# Content

The workshop is divided into three parts:

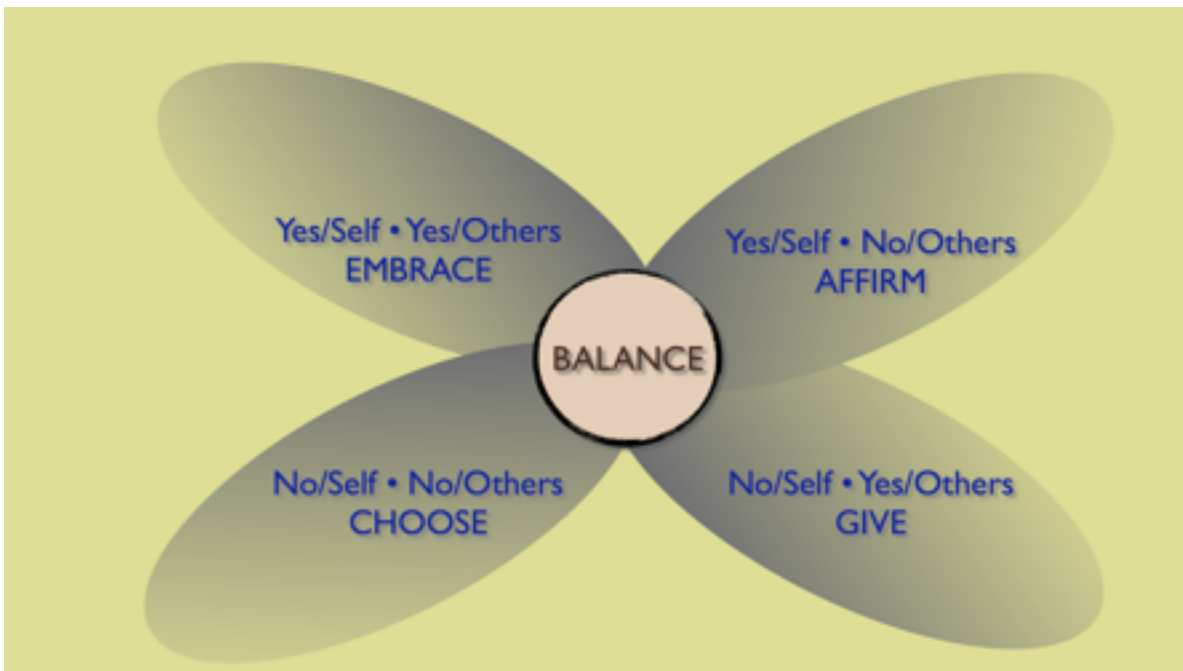
- I. Exploration of a model of conscious wholeness based around four sources of personal power that are part of our human birthright. These four powers generate cycles of self-worth, love, trust, and ethical action when they are in balance. However, when they are over- or underused, they interfere with our effectiveness as leaders. In Part I of the workshop, you will learn about the four powers, including their positive forms and their less functional sides. You will also discover the personal arc of growth that moves you toward wholeness over time.
- II. In Part II of the workshop you deepen your learning by exploring the arc in both linear and non-linear ways, using exercises to connect your discovered arc to your family conditioning, cultural context, and emotional development. This part helps you ground the arc in your personal experiences and clarify where you are going, laying a firm foundation for extrapolating your learning into the future.
- III. The third part of the workshop is devoted to visualizing options in line with your arc and learning how to proceed in new ways rather than relying on old behavior patterns that are no longer fully satisfying or effective. Instead of “bucking the flow,” you learn to “swim with the current” as a way to facilitate your own most desired changes.

Combined, these three parts accelerate your learning by helping you consciously apply your own best story -- your arc of life-learning. Rather than resist this story, you can learn to use it more intentionally, making your life and your work richer, easier and freer. The workshop is based on the premise that *we change most easily when we can see how change furthers our own most natural, “destined” arc of growth* -- one we *want*, not one we *think we should follow or have been told we should follow*.

Workshop exercises employ reflection, creativity, dialogue and small group exchanges. They build in time for contemplation and walks using the conference grounds.

# The Model

Each day we make choices, often unconsciously, based on our specific patterns of upbringing and the conditioning of experience. These patterns directly influence our capacity to appropriately say “yes” or “no” to ourselves and others. Especially when under stress, we may rely on these patterns in an unbalanced, less integrated, less versatile way, depleting our ability to take grounded action. We may push too hard, for example -- or not hard enough. We may fall into criticism and blame -- or fantasy. The workshop will engage you in your own unique exploration of the major patterns you use, overuse and underuse, and help point you toward a path of growth, resolution and the experience of your own conscious wholeness.



*For it is important that awake people be awake,  
or a breaking line may discourage them back to sleep,  
the signals we give -- yes or no, or maybe--  
should be clear; the darkness around us is deep.*

*-- William Stafford, from "A Ritual to Read to Each other"*

# Location

Talaris Conference Center offers a comfortable, secluded environment screened from its urban location by a natural woodland. Gardens offer a great place to relax and reflect.



Should you desire to stay at Talaris during the workshop, the facility includes comfortable rooms at a group rate of \$129/night. For reservations, please contact Talaris directly at [frontdesk@talariscc.com](mailto:frontdesk@talariscc.com) or by phone, 206-268-7000.

Talaris is located at 4000 NE 41st Street, Seattle WA 98105, not far from the main University of Washington campus. Parking at the event is free. You can find maps, directions, and more information about the conference center at [www.talarisconferencecenter.com](http://www.talarisconferencecenter.com).



# Facilitator



Dan Oestreich is an internationally known leadership consultant, coach, trainer and facilitator who for more than twenty years has helped leaders address issues of personal growth and culture change within their organizations. He is deeply committed to helping people develop qualities of conscious wholeness, and has worked in a variety of organizational settings on challenges of integrity, collaboration, trust, teamwork, and personal worth. He is the author of two books, [Driving Fear Out of the Workplace](#) and [The Courageous](#)

[Messenger](#). For ten years he facilitated “Beyond the Edge,” a leadership workshop geared to deeper levels of personal exploration and change held in Jackson Wyoming. He is known for his skill in supporting clients through customized counsel, interpersonal feedback, and intrapersonal exploration. He completed his undergraduate work as Yale University and has a M.A. in Guidance and Counseling from the University of Colorado. For more information about Dan, please access his websites:

[www.unfoldingleadership.com](http://www.unfoldingleadership.com)’

[www.teamtrustsurvey.com](http://www.teamtrustsurvey.com)

“Dan’s strength is in the elegant way he weaves deep inquiry, compassionate listening, and meaningful feedback, creating supportive space for personal and professional growth. His leadership development work focuses on strengthening the important internal partnership between vulnerability and fearlessness. He is honest, challenging and committed to your success. Dan knows how to meet you where you are, and move you to where you want to be.”

A handwritten signature in black ink, appearing to read 'Dan Oestreich', with a long horizontal line extending to the right.

-- Mary Allison, Consultant, Whole Systems Solutions

# Logistics & Cost

Thursday and Friday, October 24-25, 2013

8:30 AM to 4:30 PM each day.

**Note: There is 1-2 hours of homework on the evening of the 24th.**

Please make sure you can stay for the full workshop experience on both days since exercises are interactive and depend on everyone being present until closing on both days.

Lunch and break refreshments will be provided each day and are included in the workshop cost.

If you are coming from out of town, please handle your own travel and hotel arrangements. If you would like to reserve a room on-site, you will need to contact Talaris separately. Please see the *Location* page for contact information.

Limit: Six participants. Reservations will be accepted until the workshop fills or October 4th, which ever comes first. No refunds may be given after that date. In the event you must withdraw prior to October 4th, your fee will be refunded in full.

\$500 Workshop Fee. Payment is due at the time of your sign-up. You may pay via check, invoice, or PayPal. Payment instructions will be forwarded at the time you sign up.

## Information & Sign Up

For more information and to sign up, please contact Dan Oestreich at [dan@unfoldingleadership.com](mailto:dan@unfoldingleadership.com) or by phone, 425-922-2859.

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