



# **Spiritual Training for Self Discovery & Understanding**

## **Introduction**

The enduring power of the human spirit is personal power not positional power. The abundance of untapped resources that reside there include the capacities for survival and coping in the modern workplace. By learning how to gain access to this dimension we notice new things making us actively engaged and more sensitive to context for meaning discovery.

Each of the modules below when tailored, can include lecture, exercises and self-discovery based scenarios, small group discussion, reflection and unique existential experience.

1. Where are you.
  - a. A tri dimensional ontology
2. The capacities of the soul.
  - a. Attitude, conscience, will, love, intuition
3. Mindfulness without meditation
  - a. Noticing, attention, engagement
4. Naming pleasant things
  - a. Sensory recollection fine tuning
5. Who you are grateful to and for what
  - a. Appreciation
6. Three acts of the soul
  - a. Desire, action, judgement
7. Perspective
  - a. Subjective / objective
8. Dimensions
  - a. Shadows and light
9. Leadership qualities
  - a. Power & resources
  - b. Control, influence. Appreciation
  - c. Influence exercises
  - d. Credibility, reciprocity, persuasion.