



**Activating
Leadership Potential
Course catalogue**

Inclusive Leadership

Duration: 5 full days

Venue: Sabaudia (Italy)

The aim of inclusive leadership is to create, change and innovate whilst balancing everybody's needs.

Inclusive leaders embody a leadership approach that appreciates diversity, invites and welcomes everyone's individual contribution, and encourages full engagement with the processes of decision-making and shaping reality. In this course we invite you to challenge your own leadership-approach. You will learn what we understand by inclusive leadership and you have an opportunity to explore, what inclusive leadership means in your own environment.

The course create an opportunity for the participants to experience, reflect upon and to broaden their knowledge, competences and skills related with inclusive leadership. In detail they will

- gain knowledge on the Inclusive Leadership approach
- learn about the 5 pillow of Inclusive Leadership
- find out about the 4 developing areas: Practicing self-awareness, Living a shared vision, Building relationships and Creating change
- gain knowledge on the stereotypes, the prejudices and the mechanisms of exclusion and stereotyping;
- reinforce the skills to define the inclusive and excluding behaviors;
- reinforce the competences to practice inclusive behaviors;
- reinforce self-awareness, as well as the awareness of the impact they have on other people;
- raising awareness of the stereotypes one have;
- experience the areas of development for an inclusive leadership practice and learn how to apply these in their professional and personal context.

Approach

The 5-day-training offers the opportunity to look at your own leadership approach. You will be involved in personal and group experiences, based above all on the experiential learning and reflective practice methodological approaches. You will also be offered different tools, which will give you the opportunity to dig deep in your leadership behavior and offer opportunities to reflect on your work.

The course consists of a mix of short theoretical inputs, concrete exercises, group discussions and individual reflection moments.

The course has been inspired by the work of Howard Gardner, Daniel Goleman, Jon and Myla Kabat-Zinn, Otto Scharmer and Frederik Laloux.

Credit: This course was created with the support of the Erasmus+. Please find details about the Inclusive Leadership Project [here](#).

Emotional Intelligence and well-being

Duration: 3 full days

Venue: Vienna (Austria) or Sabaudia (Italy)

Everything we do starts with our mind, including our emotions. The world in us and around us is moving at a very high speed with frequent changes and disruptions, often linked to ambiguity leaving us a feeling of being powerless and uncertain, and often with a headache. Responses to such situations are driven by old practices and routine that have shown their efficacy and validity until now, however the rapidity of change we are witnessing is new and it requires new approaches for dealing with the stress resulting from it in order to avoid burn-out.

The course is an opportunity to develop bringing awareness to our experience moment by moment and it will offer the chance to take time out from the busyness of life and reconnect with oneself and the natural world around us.

The course invites to explore and experience:

- how to get prepared for frequent and abrupt change with attitudes, practices and inner readiness to efficiently and peacefully navigate the daily routine, the stress and the unexpected situations
- how to integrate simple and effective practices in the work place, for becoming more resilient and feeling well for oneself, the colleagues and the work to be done
- how to combine old wisdom and new research for triggering sustainable well-being and accessing the natural healing energies within us
- how to use the emotional intelligence for responding to difficult situations and conflicts with a more open mind and in moving forward with clearer focus

Underlying theories and practices:

The course has been inspired by the work of Howard Gardner, Daniel Goleman, Jon and Myla Kabat-Zinn, Dan Siegel, Rebecca Hintze and the use of essential oils in well-being.

Approach

The course is based on the methodological approach of experiential learning as a way to go deeper into ways to support the emotional intelligence allowing a deeper reflection, sharing of impact of the practices and appreciation of the experience. A series of theoretical studies and research's results on the impact of mindfulness meditation will be shared and used as evidence to complement the individual experience.

There will be times spent in silence to deepen the practice but this is not a silent retreat and you will have time in the evenings to engage with others if you wish to. Equally, if you feel that more space and silence is what is right for you, the course will be supportive of this. The course is open to everybody and previous practice of meditation or mindfulness is not required.

The course is powered by dōTERRA CPTG essential oils to create an inviting learning environment that supports attention, participation, learning and well-being.

Mindfulness in educational context

Duration: 5 full days

Venue: Vienna (Austria) or Sabaudia (Italy)

Mindfulness is defined as “paying attention on purpose to the present moment without judging” (Jon Kabat-Zinn). This means developing the ability to pay deliberate attention to our experience and to focus in the “here and now”. We learn to tune in to what is going on in our mind and body. Becoming more aware of our thoughts, feelings and sensations in a way that suspends judgement and self criticism can have surprising results, like finding inner strengths and resources that help in being more focused, making wiser decisions, empowering the ability of learning and having more fulfilling relationship, for children, young people and adults alike.

In detail you

- How to have quality time in educational contexts and to resource yourself and the learners at the same time
- How to support attention and concentration in the learning environment, to reduce disengagement and have a more open-minded group supporting inclusion
- How to support yourself and the learners to learn managing stress and emotions
- How to access your energies; how to access your relaxation potential
- How to build your self-confidence and how to help the learners to build it
- How to become aware of and respect your own body.
How to support learners in learning body awareness and respect
- How to become aware of the breathing within us

Approach

The course is based on the methodological approach of experiential learning as a way to go deeper into the practice of mindful meditation and appreciative enquiry allowing a deeper reflection, sharing of impact of the practices and appreciation of the experience.

A series of theoretical studies and research on the impact of meditation and in particular mindfulness will be shared and used as evidence to complement the individual and group experience.

A study visit to a school in Vienna that is currently having mindfulness as part of its offer is part of the programme.

The course has been inspired by the work of Dan Siegel, Jon Kabat-Zinn, Mark Williams, Daniel Rechtschaffen, the “Way of Council”, Wake Up Schools project of the Plum Village and .b Mindfulness in Schools.

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The course is provided in cooperation with LIMINA.

ALP is a network of professionals who are passionate about leadership and learning. ALP's members combine academic and practitioners backgrounds and experiences in the field of education, personal and organisational development from all over the world

The course coordination is done by:

		
<p>Irene Rojnik</p>	<p>Paola Bortini</p>	<p>Angelica Paci</p>
<p>15 years experience in working with International NGO; Master in communication; degrees in mediation, master in systemic coaching and organizational development; expertise and interest around Leadership in connection with intercultural learning, diversity, gender-equality, communication and conflict resolution.</p> <p>Focus is on discovering and strengthening the strengths building on the Multiple Intelligences of Howard Gardner.</p>	<p>Over 15 years experience of working with international NGOs and European institutions; holds a MA in European Comparative Social Studies; expertise and interest around Leadership and Learning with special focus on Learning to Learn and Theory U; done research on Intercultural Competence, Well-being and gamification for Activating Learning. Certified Coach Approach, AromaTouch and Mindfulness.</p>	<p>10 years experience as a company adviser for designing and implementing quality systems (ISO 9001 standards) 12 years working in the field of non formal education; holds a Master degree in Italian Literature; Master in Life coaching; expertise and interest around Leadership and Intercultural Learning with special focus on Experiential learning, facilitation of group learning processes and Learning to Learn; Activating Learning through games (gamification)</p>

Additional information about alp's members and alp's work is available on our website www.alp-network.org