

SOUL OF LEADERSHIP

The Soul of Leadership is an 18-month program that guides participants on a journey of transformation as they learn to integrate leadership skills and contemplative practices into their lives. Leaders are empowered to be more effective professionally as they experience inner renewal and clarity of vision.

Program Description

Leaders today face difficult challenges that often leave them feeling depleted. Soul of Leadership is designed to restore and energize participants, helping them become more effective in their leadership situations. Through residencies and at-home activities, both individually and in community, leaders will:

- learn strategies to address leadership challenges
- engage in contemplative practices
- master skills to strengthen their organizations
- increase personal well-being and wholeness



The program includes four residencies at St. Mary's Sewanee. Each residency features a different leadership focus. At-home activities include reading, reflection, spiritual companionship and community.

SOUL OF LEADERSHIP RESIDENCIES

21st-century Contemplative Leadership March 27 - 30, 2017

Identify decision-making structures
Explore discernment practices
Practice blending discernment and decision-making
Learn spirituality, management, and leadership theories

The 7 R's of Sanctuary October 23 - 26, 2017

Discover the value of time apart
Experience contemplative practices
Recognize the connection between time apart and effectiveness as a leader
Use insights from leadership, theology, and spirituality theories

Leading Effective Change April 16-19, 2018

Consider how you adapt to change
Examine continuity and change for the leader and organizations
Learn to overcome blocks that free leaders to achieve their goals
Engage leadership, organizational, and spirituality theories

Putting It All Together October 15-18, 2018

Develop "A Rule of Life" plan to integrate learning and experiences into your leadership situation

WHO SHOULD ATTEND?

Leaders from a diverse range of backgrounds, including businesses, nonprofits, government, education, religion, and other organizations, who seek to balance work demands with professional integrity and spiritual well-being.

TO APPLY FOR SOUL OF LEADERSHIP

Email: reservations@stmaryssewanee.org

COST OF PROGRAM

\$8,000 - corporate
\$5,000 - non-profits or individuals

FOR MORE INFORMATION

Regarding Program Content, contact:

Margaret Benefiel Susan Cox
margaret@shalem.org coxwave2@gmail.com

Regarding accommodations, contact:

reservations@stmaryssewanee.org
or 931-598-5342



SHALEM
INSTITUTE FOR SPIRITUAL FORMATION



About the Leaders

Testimonials for The Soul of Leadership



Margaret Benefiel, Ph.D., Executive Director of the Shalem Institute, has served as Chair of the Academy of Management's Management, Spirituality, and Religion Group. She also serves as Co-chair of the Christian Spirituality

Group of the American Academy of Religion, and has held various leadership roles in Spiritual Directors International. Over 1,000 executives, managers, and other leaders have participated in her seminars and courses. She is the author of *Soul at Work* and *The Soul of a Leader*, and co-editor of *The Soul of Supervision*.



Rev. Susan Vincent Cox is both a psychotherapist (LCSW) and an ordained minister of the Reformed Church in America. She has over 28 years of experience working in mental health, medical, and human service agencies, as well as her own private counseling practice.

In addition to her practice, Sue currently serves as a Minister of Small Groups and Discipleship at First Church in Albany, NY where she facilitates groups both in churches and in the community. Sue developed and leads Pilgrim's Walk, a 6-18 week small group ministry of spiritual direction and support for those in the 3rd stage of life (65 and older). Professional training includes Psychosynthesis, *The Soul of Leadership* (2014-16), and Nonviolent Communication.

"The support network is wonderful- my 'sisters' in clearness committee are deeply soulful companions in this journey. The focus on heart integration with leadership challenges is a unique aspect."

--Pat Franklin, M.D., Professor and Director
Orthopedic Research, University of Massachusetts Medical School

"I got strategic help in leadership that I could use right away."

-- Rebecca Mays, Executive Director, Dialogue
Institute, Temple University

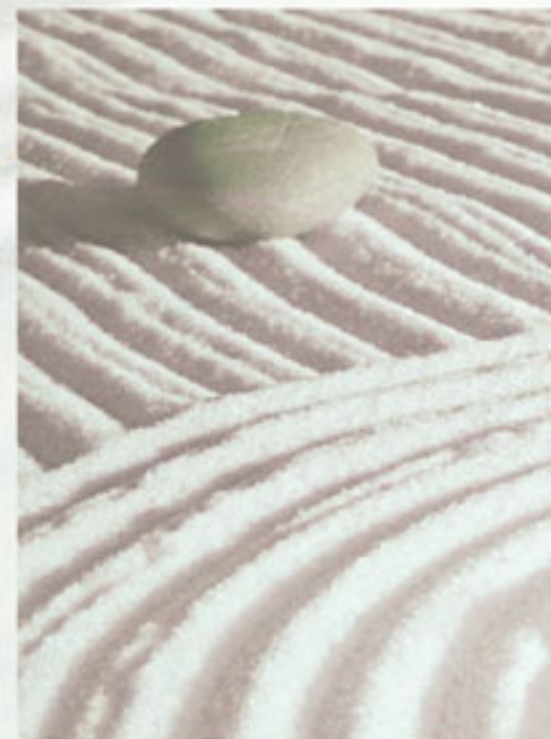
"I have found the Soul of Leadership to be an excellent venue for assessing and affirming acquired leadership style and abilities, and learning new leadership skills."

--Therese Taylor-Stinson, Author, and
Co-Convener/ Organizer of the Spiritual
Directors of Color Network

"Thank you so much for the gift of Soul of Leadership. What a fabulous experience. I use the listening and feedback tools you taught on a daily basis, which has also allowed me to be more thoughtful and less critical in challenging situations. Soul of Leadership is a gift that truly keeps on giving."

--Cindy Warwick, Regulatory Operations
Associate, Lantheus Medical Imaging, Inc.

The Soul of Leadership



An 18-month program led by
Dr. Margaret Benefiel & Rev. Susan Cox

March 2017 - October 2018



Soul of Leadership is offered in partnership with the Shalem Institute for Spiritual Formation and St. Mary's Sewanee.