

Whole Person Leadership for Women 2021 -FAQ



What do participants get out of the program?

- Identify and address key Leadership Challenges;
- Identify your leadership patterns, strengths and growth points for internal empowerment;
- Develop a toolkit of new approaches to teamwork, communication, leadership and collaboration.
- Create your Leadership Blueprint;
- Develop a Purpose Plan to design your leadership future;
- Gain a community of allies within your cohort and program graduates.

What is distinctive about this program?

Whole Person Leadership is a cutting-edge, **emergent field of leadership**.

- A seasoned **faculty collaborative** models the exploration of whole person expression.

Defining one's purpose and values is motivating and helps define direction.

- **Art of Convening and emotional intelligence processes** guide and encourage people to be authentic and non-judgmental. This unleashes energy that is stifled when people are trying to be someone they're not.

Sharing one's **Leadership Challenge(s)** with people they don't work with allows them to get a wide variety of input from people who have fresh perspectives.

- Building trust through employing **Trust Leadership Behaviors** into one's work and personal lives allows for less bureaucracy, more efficiency and alignment.

Knowing one's **strengths, patterns and growth points** provides context for why things are the way they are, and allows individuals to make good development decisions.

- **Getting Your Life into Balance** is much broader than work/life issues. Looking at all dimensions of human wellness and how one's time and energy are allocated helps people make decisions, based on shades of gray (not black or white) and helps individuals move toward better balance.

We employ **qualitative research** as a listening and reflection tool to track the significant ways the cohort grows through the WPL4W journey, and how to apply to future aspirations and goals.

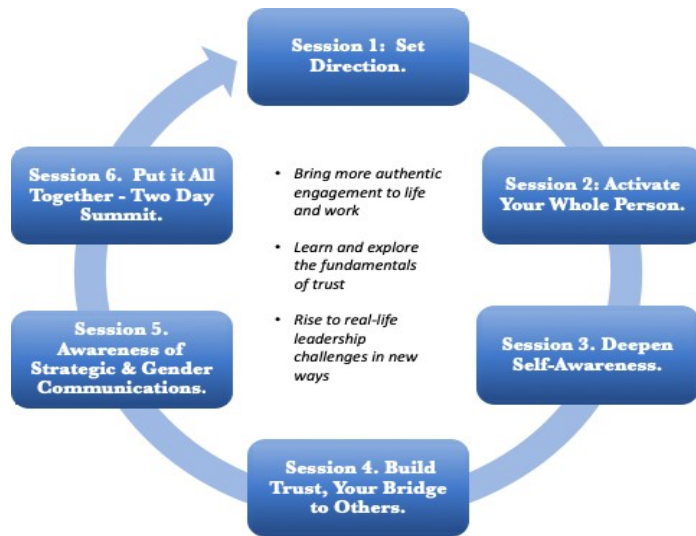
What is Whole Person Leadership?

Our curriculum is based in part on the work of Richard Leider, one of America's preeminent executive-life coaches. He is ranked by Forbes as one of the "Top 5" most respected executive coaches, and by the Conference Board as a "legend in coaching."

Defining your purpose, having the opportunity to share your authentic self and approaching life more holistically (not separating work and home lives) allows women to be happier and more effective in all facets of their lives. Leadership programs that *ignore* an individual's purpose and values and focus only on achieving organizational objectives and managing people are not addressing the needs of the *whole person – whether woman or man*.



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5 Virtual Sessions + 5 Virtual Check-in Sessions + 2-1/2 day Closing Summit

5 Live Sessions: 2/11, 3/11, 4/8, 5/6, 6/3
9:00-11:30 am Central US

5 Live Check-in/Group Coaching Sessions:
2/25, 3/25, 4/22, 5/2, 6/17
9:00-10:00 am Central US

Closing Summit: July 7-9, 2021
Oak Ridge Conference Center, Chaska
7/7, 3:00 pm opening;
7/8-7/9, 8:00 am - 4:00 pm

How does the process work?

- Most of the program is offered via Zoom in bi-weekly meetings that participants can join from their homes or work.
- We conclude with a 2.5 day in-person retreat, focused on synthesis and completion of program content, goal-setting for the future, plus an opportunity to meet your cohort in person.
- WPL4W requires a total time investment of 10 8- hour days over five months. Most of our former participants have said the return on their investment has been invaluable.

What other companies have sponsored participants? (partial list)

Askov Finlayson, Aveda Corporation, BWBR Architects, Chevron Corporation, Fresh Energy, Metropolitan Council, Minnesota Bank & Trust, North Risk Partners, Sagitec Solutions, St. Catherine University, Target Corporation, University of Minnesota, Vermont Energy Investment Corp.



Your WPL Faculty

- Patricia Neal, President, CPL; Director, The Convening Institute; co-author, *The Art of Convening*; Art of Convening© Certified Convening Leader.
- Claudia Eisinger, Fifth Elements Associates; Qualitative Research Specialist and Group Facilitator; Art of Convening© Certified Convening Leader.
- Vivian Jenkins Nelsen, MA, The Hypatia Group, Inc.; Co-president, Diversity Institute, Inc.; Co-founder, INTER-RACE, author, *The Diversity, Equity and Inclusion (DEI) Council and DEI Teams Toolkit*.
- Kimberly Kristenson-Lee, MA, CCL, Labyrinth Leadership Group, LLC; Leadership and Change Management Coach; Art of Convening© Certified Convening Leader.
- Lynn Nelson, LINPR; Public Relations & Media Advisor, author, *Getting Your Life into Balance*.

What have participants said about their experience?

“After 25 years in leadership with my company, I felt my voice was lost and I could not be my authentic self.... I now have a roadmap that allows me to make decisions that align with my life’s purpose.”
-Jennifer Stukenberg– BWBR Architects

“I wondered if this would be a good use of my time. I’ve always found my value in accomplishing my “to-do” lists. During WPL, I got more clarity around my values and can examine what behaviors align with those values.” -Kate Burnevik– North Risk Partners

More testimonials and video testimonials:
<https://centerfpl.com/wpl-testimonials>