



REIMAGINE LEADERSHIP



DALAI LAMA FELLOWS

www.dalailamafellows.org



DALAI LAMA FELLOWSHIP FOR NEXT GENERATION LEADERS OUT OF SCHOOL

Dalai Lama Fellows, founded in 2010 and authorized by the Fourteenth Dalai Lama, cultivates and supports a global movement of next generation leaders applying universal values to solve global challenges. To date, we have awarded over 100 Fellowships to leaders from 25 countries around the world.

For the first time, Dalai Lama Fellows is inviting leaders out of school to apply for a limited number of reserved slots in the Fellowship program. This Fellowship opportunity is flexibly structured, with both online and in-person learning components, enabling leaders from around the world to participate. We are excited to welcome leaders from the nonprofit, government, and for-profit sectors to apply.



PROGRAM AT A GLANCE

Throughout the year, Fellows will learn how to put leadership practices into action within their organizations and communities. Competitively selected applicants will join the 2017 Dalai Lama Fellows class and gain access to the “Head, Heart and Hands Curriculum” which offers perspectives and practices to:

- **Develop practices to deepen mindfulness, self-resilience, and the ability to work authentically with others**
- **Harness the intelligence of the heart to work across differences and solve challenges with compassion**
- **Build solutions with the mindset of interdependence and long-term perspective**



OUR HEAD, HEART AND HANDS CURRICULUM AT A GLANCE

HEAD

**Getting to know
your mind**



Mind training for self awareness and resilience



Defining inner values and intention



Recognizing triggers and biases

HEART

**Harnessing the intelligence
of the heart**



Cultivating compassion and moral courage



Decision making within the context of ambiguity



Practices for working across differences

HANDS

**Acting now, in your work,
to benefit the world**



Integrating practices into your work for long-term and broader impact



Building expected and unexpected relationships



Leading with the mindset of interdependence



PROGRAM OVERVIEW

1

INTRODUCTORY EXERCISES

Three-month reflection period supported by a coaching call each month. Reflection exercises will cultivate the ability to lead in different and challenging contexts with self awareness and approaches for working across differences, such as empathetic listening.

2

ASSEMBLY

This immersive five-day convening in Petaluma, CA will give you the opportunity to participate in experiential activities and experiment with practices for self-care and working across differences. You will join a global community of Fellows who come from diverse life experiences. Fellows who return for the second five-day convening have the opportunity to pass on and share learnings and experience a new set of activities to deepen their training.

3

YEAR LONG PROGRAM

Twelve-month reflection and practice period that dives deeper into the cultivation of self-awareness and working across differences. Fellows attend two assemblies and are supported by monthly coaching calls, virtual learning platform, peer network, resources, and practical exercises.

Readings, videos, practices and discussion forums are supported through a virtual learning platform* throughout the year-long program.



EXAMPLE OF 2017 ASSEMBLY SCHEDULE

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

Introduction to Fellowship

Context setting
Ice breakers
Walk the line

• break •

Introduction to Mindfulness

Science
Rationale
Mindful Listening Activity

• lunch •

Stories from the Field:
Returning Fellows presentations

Presentations from 2016
Fellows and Q&A

• break •

Group Dinner

Compassion Training for Self and Others

Rationale for self-compassion
Compassion meditation

• break •

Somatic exercise:
Identifying physical triggers

Somatic exercises
Indigenous healing practices

• lunch •

Inspiring others through storytelling

Storytelling exercise
Marshall Ganz: Story me, now and us

• break •

Nature Walk & Group Dinner

Empathetic Listening: Four Levels of Listening

Simulation activities in small groups

• break •

How to have Conversations that Matter

Conversations Matter activity

• lunch •

Decision making in ambiguity

Role playing activity
Frameworks and practices

• break •

Permaculture Gardening (Option) & Group Dinner

Moral Courage

Introduction to Power and Care content
Role playing exercises

• break •

Skill share and World Cafe

Fellows share feedback on projects in groups

• lunch •

How to handle difficult conversations

Simulation activities and dyad exercises

• break •

Talent show & Group Dinner

Seven Generations: Designing for future generations

Joanna Macy's 7 Generations exercise

• break •

Building meaningful relationships and partners

Ecosystem mapping
Designing for authentic dialogue

• lunch •

Earth and Sky Ritual
Closing Circle

Group activity

• break •

Group Dinner & Skill share (Option)

LEARNING COMPONENTS AND TUITION

Introductory Exercises: \$700

Three months of reflection exercises and bi-weekly coaching

How to meditate and sustain your practice

How to identify your own triggers and biases

How to listen actively to others

How to lead with your heart and your mind

Exposure to practices

Preliminary Assembly: \$3,000

Lodging, meals, expert faculty and practical workshops

ALL OF THE ABOVE AND SKILLS IN:

How to design for authentic, meaningful dialogue

How to have conversations that matter

How to have compassion for difficult people

How to have difficult conversations

How to inspire others through storytelling

How to have courage to stand up for your beliefs

Year-Long Program: \$7,500

Two five-day convenings and twelve months of deep dive reflection exercises supported by monthly coaching, virtual learning platform and calls with global Fellows

ALL OF THE ABOVE AND:

How to see and build on unexpected connections

How to discern, hone and focus

How to lead in the context of ambiguity

How to partner with a mindset of interdependence

Application Deadline: February 20, 2017

To learn more about applying
to the Dalai Lama
Fellowship, please visit:
dalailamafellows.org

Questions? Please contact:
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