



DALAI LAMA FELLOWS

# HEAD, HEART AND HANDS LEADERSHIP PROGRAM

MILLENNIAL LEADERSHIP DEVELOPMENT

## OVERVIEW

Dalai Lama Fellows' Head, Heart and Hands Leadership Program trains millennial leaders from around the world to integrate values in leadership to support sustainable social change. The curriculum is delivered with a unique and highly practical approach, using contemplative practice, relational learning and community engagement.



## CURRICULUM

For thousands of years, leaders in wisdom traditions and contemplative practice have worked to understand the nature of the mind, and now, in combination with the latest developments in neuroscience and psychology research, we are able to measure how these practices can help develop awareness, influence perceptions and deepen connections to self and others. This curriculum is unique in providing an interdisciplinary approach to leading with values, by integrating contemplative wisdom from profound thinkers, like the 14th Dalai Lama, neuroscience and psychology research, Fellows from the past six years as well as other exemplary leaders.

There are a number of leadership programs that focus on identifying values and reflecting on what gives us meaning and purpose. However, leaders still struggle to *apply* their values and truly connect with others, especially as they face increasingly difficult challenges. The DLF curriculum has been designed to train individual leaders how to identify and know their values as well as how to apply them as leaders in practical and sustainable ways.

"DLF has radically changed my perception of leadership. Now, I frame leadership as **building relationships, listening to others, stepping back and seeing whose voice** can be included.

I view leadership as a **long-term process of investing in others.**"

-Sofia Gomez-Doyle, Abu Dhabi

Dalai Lama Fellow 2015

# CORE COMPETENCIES AND IMPACT

We introduce leaders to Core Competencies which enable them to embody their values. Each of the competencies has a set of attributes that have a definition, principles, behaviors, practices, and shadow aspects. Our approach provides practical ways to learn and internalize the competencies.



Foundation

## CONNECTION TO SELF

- MINDFULNESS OF SELF
- WHOLE SELF AWARENESS
- SUSPENSION & LETTING GO
- HOLDING AMBIGUITY
- SELF CARE
- INTENTION ALIGNED WITH HIGHER PURPOSE
- DISCERNING DIRECTION USING INNER VALUES



**89%**

Developed the ability to recognize how their emotional and mental state impacted their leadership



Extension

## CONNECTIONS TO OTHERS

- MINDFULNESS OF OTHERS
- CULTIVATING COMPASSION
- EMPATHETIC LISTENING
- COUNTERING BIAS TOWARDS OTHERS
- CONVERSATIONS THAT MATTER



**89%**

Developed the ability to generate genuine concern for others and took action to listen to and engage with them differently



Holistic

## CONNECTIONS BEYOND WHOLE SYSTEMS

- AWARENESS
- HARNESSING DIVERSITY
- DISCERNING IMPACT & MORAL RESPONSIBILITY
- USING POWER WITH CARE

LONG VIEW



**78%**

Developed the ability to see the wider community and ecosystem impacted and took action to help them

## FROM THE FELLOWS

"I have been paying attention to thoughts, feelings, changes in emotions in the body. I was in beginner stage, now I'm in a more intermediate stage. **This principle of being present--how I have practiced that is how I build up connection.** I felt that my practice of being present, having compassion, having the ability to reflect on myself, trusting others was the best approach. Intention aligned with higher purpose." -Sanchita Das, India, Dalai Lama Fellow 2015

"Dalai Lama Fellows has shifted my perspective. I was building for a community, then I was building for Ghana, and now I'm building for Africa. **I realized that this perspective shifts everything we're doing,** how we're marketing, how we're partnering and what we're doing."  
- Derick Omari, Ghana, Dalai Lama Fellow 2016



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[www.dalailamafellows.org](http://www.dalailamafellows.org)