GENERAL OUTLINE OF TEN WEEK COURSE

# By Richard Searle

1. Week One is an Overview of the Program, Practices, Topics and Applications. There is a focus on simple Relaxation Practices for the Body and for the Mind, and how these may help when dealing with a Pandemic. Very brief daily practices.
2. Week Two will explore Relaxation in more depth using the Body and the Breathing. Ways to reduce stressful thinking – snakes and ropes in the time of a pandemic, emotions at 3 am, the practice of Letting Go. Very brief daily practices.
3. Week Three will focus on Calming the Mind through the practices of Concentration and Mindfulness. Explore some aspects of Identity and Leadership. Very brief daily practices.
4. Week Four will focus on Listening for Leaders as a form of Mindfulness in Action. Some short meditation. Very brief daily practices.
5. Week Five will focus on moving from Mindfulness to Stillness and Silence. Explore Silence through a series of profound simple exercises. Examine its’ potential to explore your Purpose. Very brief daily practices.
6. Week Six will focus on the Application of Mindfulness to Leadership and Daily Life. Some short meditation. Very brief daily practices.
7. Week Seven will focus on the Art of Thinking Well through Reflection and Insight, and its potential to increase effectiveness. Some exercises around reducing excessive rumination and negative thinking. Very brief daily practices.
8. Week Eight will focus on the practice of Creative and Insight Meditation to promote greater innovation in leadership. Very brief daily practices.
9. Week Nine will focus on expanding our Practice and explore Kindness and the potential to be a Force for Good in your Leadership and Management Role. Very brief daily practices.
10. Week Ten will bring all the Practices and Thinking together. Lessons and practices for the future of your leadership and life.