

ACTIVE ENGAGEMENT™

Active Engagement: The Practice of Mindful Leadership

A training process for cultivating the collective wisdom and effectiveness of organizations and individuals.

WHAT IS IT?

This training serves as an introduction to the practice of Active Engagement™. It provides both skills, experience and a theoretical framework to support participants in translating learning to their real-world situations.

Since 1993, Active Engagement has been supporting individuals and groups around the world in engaging with greater integrity, freedom, safety and mission effectiveness. Several thousand individuals have been trained in these skills and approaches since its inception under the name Contemplative Dialogue, and since 2011 Active Engagement.

WHY

By creating trustworthy starting points, Active Engagement processes help issues of organizational mistrust, systemic and cultural blindness and individual powerlessness all become matters for cooperative and collaborative focus and resolution.

Its practical value is immediately useful in the workplace, for parenting and partnership, and wherever we hope to relate as our best selves.

WHAT TO EXPECT

Active Engagement is based on a deep respect for human freedom, talking about what is real, and compassionately balancing individual and communal needs. We choose to be held accountable to those values and to operate from that foundation.

So, what can you expect of this training process?

- No manipulative agenda. The process models the values and skills it teaches. You will be free to use what you find helpful, rigorously question any of the material or theories, and leave what is not helpful.

- Respectful of self and others. This is a 'dialogical' process; it models skills to build shared understanding. That shared understanding is not always agreement or consensus, but it may be clarity that we see certain points differently. The process goals are therefore clarity first, and then action grounded on our best values. We assume this ability to take effective action in a diverse community or setting better matches our real-world situations.

- It is practical. Most folks speak about being immediately helped by the 'take-aways' from each day. This tends to be true regardless of professional discipline or training.

- It is refreshing. Breaks are regular, and as one participant said, "you didn't hose us down with theory and a crammed agenda." The goal is practical learning that supports you in showing up as your best self. No information flood or data dump creates that.

- It is hopeful. It demonstrates ways to live out our best values in real world situations. It restores our ability to create safety and find real community connections.

TOPICS AND SKILLS

- Awareness and the Human Person
- Enhancing what we notice – catching more of what we miss.
- The Stance of Active Engagement: Active Noticing, Nondefended Learning & Whole Systems Engagement
- Avoiding 'Ready, FIRE, Aim.' - Slowing the rush to misunderstanding.
- Nondefended presence: Overcoming Self-protection that limits us.
- Engagement Skills for Creating Shared Understanding
- Seeing when problems must be managed, not fixed: Polarity Management
- The LifeFrame: Discovering new lenses to see more of what influences us.

STRUCTURE

The four-day group sessions begin each day at 9:15 a.m. and end promptly by 4:30 p.m.

This session will do two things:

1. Provide you with theories and frameworks that translate into skilled action; i.e., we want to help you solve problems you care about.
 - We do not value 'stuffing your head with more theory.'
 - Our goal is to provide you with frameworks that support you in living out more effective engagement.
2. Facilitate an experience of the practices we speak of.
 - If this approach is trustworthy and effective, we assume that this group should experience / reflect the very values and positive outcomes we describe.
 - This will be modeled in the way the group is conducted and how the training progresses.
 - We create a space where the practices and 'skills' can be tried and tested; i.e., create a learning space where you can apply this work to real life situations.

LEADERSHIP

Steven Wirth will lead the group. Steve is an experienced facilitator, trainer, and a leadership mentor who has worked successfully with government, corporate, congregational, and political leaders; culturally diverse organizations; attorneys and healthcare systems; from Australia, Indonesia and other Asian communities; across North America and Jamaica. He has trained facilitators and trainers who have carried the work globally to Africa, South America and Europe. Contact: info@contemplativedialogue.org Web: <https://activeengagement.org>