



Training for Self Mastery: Expand under pressure. Work effectively with stress. Engage conflict skillfully.

Context

We live in a time where the level of uncertainty and conflict at work, in our personal lives, and in society is relentless. Very few of us have the tools, skills and practices that we need to consistently navigate this context successfully. As a consequence, our work, personal and family lives are filled with ever increasing levels of stress; making decision making, communication and trust building compromised and at times impossible.

A small grouping of data points tell the remarkable story we are all trying our best to navigate.

1. According to the American Psychological Association (APA) October 2022 Stress in America Survey, 46% of individuals under the age of under 35 said that most days they are so stressed they can't function. Moving through the age categories, 42% ages 35 to 44 and 16% between the ages of 45 to 64 reported that **most days they are so stressed they can't function.**

2. In a parallel study by the APA the percentages of men and women who say **that most days they are completely overwhelmed by stress** is unprecedented: For women ages 18 to 34 the number is 62%. Ages 35 to 44, the number is 48%, and 45 to 64 it is 27%. For men ages 18 to 34 the number is 51%. Ages 35 to 44 the number is equal to women at 48%, and for ages 45 to 64 the number is 21%.

3. According to the 2023 Edelman Trust Barometer Special Report: Trust at Work. 72% of respondents affirm **it is more important than ever that employers rethink what work means.**

4. When individuals **are already dealing with trauma and PTSD symptoms** as a precondition, the ability to deal with these levels of stress are compromised even more significantly.



Response We need a new set of tools, skills and practices specifically designed to work effectively with conflict, pressure and stress. Self-mastery, perhaps a nice option for leaders and individuals in the past, has become mandatory if one hopes to succeed in this present context. Self-mastery takes us beyond the shores of techniques and intellectual exercises to our neurophysiology where we learn to expand under pressure with skill over and over again, mastering our own bodies and minds while mastering the overwhelming situations we are thrown into in our personal and work lives.

Objective We train to develop the internal power to expand into uncertainty under increasing levels of pressure. The training is concrete, testable and scalable, free of jargon and applicable to situations that require us to be at our very best at all times. We learn how to rewire our central response system such that we no longer revert unconsciously to outdated patterns, thoughts and habits incoherent for the needs of the day.

Outcomes

- We rewire and reorganize our internal systems to support expansion on every level: physically, emotionally, intellectually and spiritually.
- We recruit new muscles and new brain activity.
- We grow increasing levels of health and wellbeing into our personal operating system, as well as the systems we work in.
- We build stamina, flexibility and resiliency.
- We correct structural flaws in our bodies.
- We build situational awareness.
- We learn how to transform old and invisible patterns of contraction in the mind and body into an expression of expansion in a way that is concrete, replicable and sustainable.
- We evolve the speed, power and clarity of our minds and bodies - and in time our organizations as well.
- We cultivate a sense of deep belonging and confidence in ourselves, our colleagues and our environment - building an indestructible foundation of trust and solidarity with ourselves and our colleagues,



We are focused upon mastery and self-cultivation. The evolution of awareness is the outcome of practices that challenge us physically, mentally and emotionally. Leadership excellence and self mastery is built upon 5 pillars of work

Right structure. Without the proper foundation, no structure can stand.

Without the right physical, emotional, and intellectual structure, humans cannot excel. We begin with tools that teach us the fundamentals of right structure - physically, emotionally and mentally - in the most decisive, replicable, and efficient of ways.

Superior focus. True focus takes place in the neurophysiology, not only in the brain. A weak body produces a weak mind that in turn produces a weak ability to focus. The ability to expand into complexity and ambiguity is the key to health.

Breathe. Rare is the person who knows how to bring oxygen into their body to support focus and an expanded ability to tolerate ambiguity, uncertainty, tension, and conflict. Most bodies are collapsed and tight. Heightened levels of oxygen and energy are required to work skillfully with conflict and stress so that new fields of possibilities may emerge.

Power. If thought and movement are tight, relationships will be restricted. Solidarity and trust will be limited. Creativity will be constrained. If thoughts and movements are soft, leadership will be hollow. Presence lacks authentic power. We strive to strike the perfect balance between activity and relaxation, assertiveness and reflection, leading and following.

Cultivate spirit. The measure of human beings is the quality of spirit. The look in their eyes. The health in their body. The poise in their approach. The elevation of their imagination. Their presence in the moment. To become outstanding in spirit is the ultimate goal.



Process We work with a core group for 8 weeks. This work will encompass both in-person training as well as virtual training and support. Each member of the group will develop a highly individualized plan that supports skill building with conflict, stress and pressure. This plan will lay out weekly meetings, training exercises and other elements designed to support accelerated growth in well being and performance. At a minimum, we will meet in person as a group one day/month. In addition members of this core group will meet together once a week to support and process with each other.

Scale As we approach the completion date of the 8 week process we will evaluate next steps together. Typically, the 8 week program evolves into a larger 6 month process that builds upon the foundation we have built, with scale and expanded reach as one objective. Throughout this initial program, paths becomes clear around how the training can flow into the next round of teams in the organization and into a deeper process of organizational growth.

Cost TBD

