

WARRIOR OF THE HEART

THE AIKIDO OF
BALANCED LEADERSHIP

TRAINING FOR PERSONAL MASTERY

In the midst of so much chaos and change, many of us feel inadequate. We want to stand up and make a difference, but often we get out of balance. A warrior stance is needed, but in a new way. What do we mean by *Warrior of the Heart*?

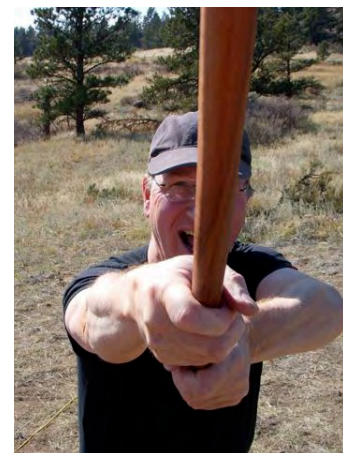
How can you explore and use the creative power in your life? How can you blend your warrior instinct with the generous nature of the midwife to bring balanced leadership? The idea of a peaceful, gentle and heart-full warrior may seem odd to some; as a friend once said: “*Warrior* only means one thing to me, and it’s not a very nice thing.” But destructive and harmful warriorship is not what we are after here. Rather, it is the aware, diligent, honourable, sincere, powerful and compassionate warrior that we most honour. The aim of ***Warrior of the Heart*** training is increased ability for individual awareness, commitment, group cohesion and wise decisions, making for successful actions wherever they are needed, even in the most stressful or chaotic environments.

Warrior of the Heart is a training and practice ground for those wishing to explore and master the wise working of power in their lives. Together we will create a dojo (in Japanese literally “the place where serious learning and practice takes places”) where we can explore the edges of our personal and professional interactions, aiming to build strength in the use of gentle power and fierce cooperation. One learns to face difficult and threatening situations from a grounded and clear-hearted source, gaining the whole-body composure to stand empowered in life. We will step onto the mat together as a community to increase our skill, courage and abilities.

Warrior of the Heart training is based on experiential learning, involving movement and dialogue practices intended to build greater capacity for wise and grounded action. We have developed our basic tools and practices from three major experiential learning sources: **Aikido**, a traditional way of honourable warriorship, embodies how to successfully deal with power. We use safe and respectful exercises, often working with bokken (wooden practice swords) to explore and train in simple, skillful actions that will naturally lead to greater ability in gracefully negotiating difficult situations at work, at home and in life; **Art of Hosting**, which includes such group leadership practices as Open Space Technology, World Café, Appreciative Inquiry, Chaordic Path leadership and many others; **Flow Game**, a very powerful tool for inquiring into and discovering sources for personal and group initiative, wisdom and strength and strengthening and bringing flow into successful life affirming actions.

This workshop is residential, beginning on Friday evening.

We invite each other to step up to our next phase of who we are -- to say no to the destructive things we find happening in the world and to say yes to wisely stepping forward into our inherent power to help.



HOW TO ATTEND

This workshop will be led by:

Toke Paludan Møller

Denmark, www.interchange.dk

Since the early '70s I've been experimenting with organising, designing and hosting facilitated and self-organising processes, deep dialogues, large-scale conferences and numerous strategic conversations in all types of communities and organisations. The focus is on renewal and the way we lead ourselves and work together in order to collectively find wiser and sustainable solutions to problems that matter at this time. In the past six years we have worked with longer, in-depth, engagement processes and participatory leadership training, supporting large-scale change in systems all over the world and most recently in the European Commission. I choose consciously to co-create, co-learn and co-operate with bold people, leaders, companies and organisations that want to explore and take responsibility for needs and possibilities at this time both in global and local contexts.



Bob Wing

USA, www.mountainwarrior.net

I am the director of Mountain Warrior Institute, an organisation dedicated to cultivating compassionate and dynamic actions in the world, and also a founder of Warrior of the Heart seminars and retreats designed to train individuals to live and work wisely and courageously in skillful leadership. I have studied and taught Aikido since 1977. I have worked throughout the world for many different organisations and am an active facilitator of Art of Hosting trainings. I am also a sculptor and painter with a special interest in spontaneous and "in the moment" works.



It is a fierce and gentle way we train in, to be present and helpful from the heart with sincerity, courage, wisdom, and honesty.

For Enquiries & registration

Contact Emmerson Group, Monday - Thursday 9 am - 12 noon only, details at the bottom of this page. Once you have made contact, we will answer your queries and send you the registration form and more details about how to prepare yourself for this workshop.

Venue & Fees

The workshop will take place 19 - 21 March 2010 at Tatum Park near Levin. It will begin at 7:30 pm on the 19th and end at 5 pm on the 21st. This is a residential workshop. Fees for the workshop are:

- **Full fee:** \$850 + GST
- **Early bird** (register & pay by 31 January): \$750 + GST
- **Unwaged:** \$500 + GST

Places are limited. Please submit your registration soon to secure a place! If the price is not affordable for you, let us know as we hold the following principle: "to be part of the training, everyone should contribute as much as they can and a little bit more." We are hoping to have sponsorship available for individuals and groups from the not-for-profit sector and the youth community. We also invite you to pay what you can and a little more to support a few scholarships.



The major force for change is the small group – learn how!

4 events, 4 choices of how to participate

A series of events aimed at answering the question "How can we work differently, bring people with us, and get more than the results we're hoping for?"

- ✓ **4 - 6 March:** *Participatory Leadership: The Art of Hosting & Harvesting Conversations That Matter*, Waipuna Hotel, Auckland
- ✓ **11 - 13 March:** *Teams Creating Strategic Results: The Art of Hosting & Harvesting for Success*, Oceania Room, Te Papa, Wellington
- ✓ **16 - 18 March:** *Bridging the Islands of Achievement so New Zealand is a great place to raise kids: A conversation about children and our future*, Tatum Park, Levin
- ✓ **19 - 21 March:** *Warrior of the Heart: The Aikido of Balanced Leadership*, Tatum Park, Levin

Detailed flyers and registration forms for all events are available. **Why not consider working with your team or sector across these events?**