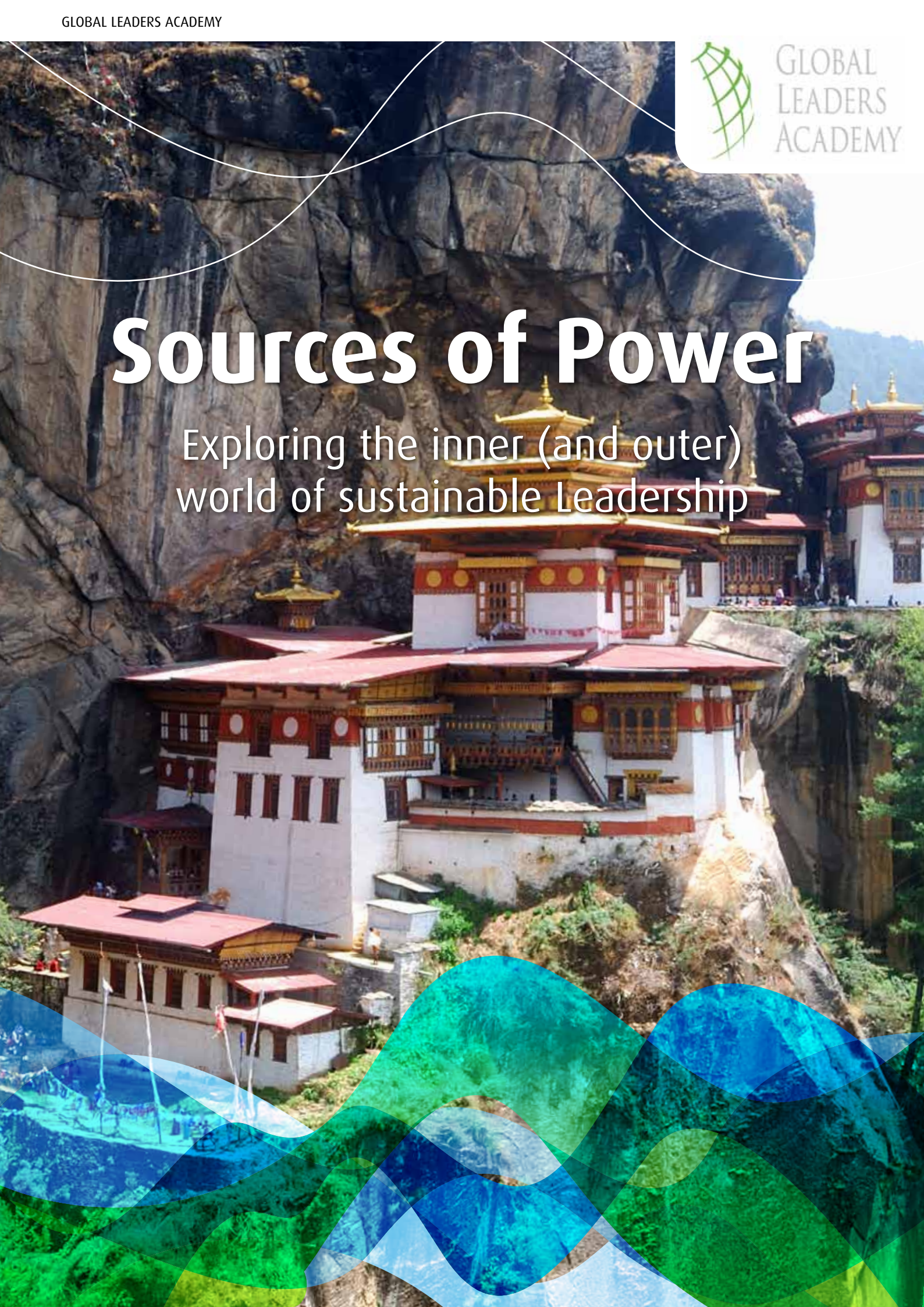




Sources of Power

Exploring the inner (and outer)
world of sustainable Leadership



SOURCES OF POWER

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WHO

Sustainable Leadership program for leaders who want to explore deeper drivers and practices that foster the ability to be "in the flow" as leaders, while embracing the severe sustainability challenges that will confront leadership in the years to come.

Leaders who are courageous enough to view the upcoming modern world challenges as an invitation to enhance and deepen personal and business leadership.

The Global Leaders Academy is a network of leaders in business and society. Individuals at the top of their tree who are committed creating sustainable wellbeing for themselves their organizations and the world.

GLA has four learning domains:

- personal
- interpersonal
- organizational
- global

and is supported by a world class faculty.

Join a team of fellow leaders on a unique - once-in-a-lifetime - journey into the heart of Asia to Bhutan, at the old meeting place between Himalayan saints and nomad warriors, learning from the rich culture of Buddhism in a setting of unspoiled nature.

"In the last century we made great progress exploring outer space. The next exploration humanity will need to undertake is into inner space. For how well do we know our mind, our inner world?"

- Tenzin Gyatso, XIVth Dalai Lama



Our inner space determines who we are. Self-knowledge and self-management are critical functions of leadership today. Yet in today's busy and volatile world, we find little time for exploration of the inner world. While traversing an awesome landscape with rocky mountains, blue skies, wild yaks and ancient Buddhist monasteries, this journey will bring people to explore deeper levels of their minds. Learning from an ancient culture, with at its heart a spiritual practice of transformation (vayrayana), participants can renew and inspire themselves, and transform themselves as sustainable leaders.

The Bhutan Leadership Journey, the fourth in annual leadership journeys to inner Asia, offers a unique journey with the following elements:

- (1) **A special life- and learning experience while travelling through an uncharted area of inland Bhutan, a secluded Kingdom devoted to Gross National Happiness.**

- (2) **Insight into the social, cultural and environmental conditions of the Himalayas.**

- (3) **Opportunity for deep reflection in a sacred landscape, learning from the spiritually rich world of Buddhism.**

- (4) **Deep personal inquiry into leadership, supported by leadership professionals.**

- (5) **Contribution to sustainable development by connecting to development projects.**

- (6) **Professional organisation and context of the journey (preparation, coaching, follow up, peer-networking).**



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PROGRAM (13 days including travel)

- The program starts with an individual intake and a meeting in the Netherlands where participants can connect and get a taste of the experience ahead.
- The journey takes us to the heart of the wild Himalayan mountains, deeply immersing ourselves in nature and exploring the depth of Buddhist wisdom and practice.
- After flying from Amsterdam via Delhi to Bhutan, we will spend two days acclimatizing in the valley of Paro, famous for its flowers and monasteries.
- After this we will spend four days trekking in pure nature living among farmers and nomads. While camping near a monastery, we will be introduced into the philosophy and practice of Buddhism.
- We will spend our days under blue skies, experiencing reflective practice and going on long journeys on foot and horseback. The evenings we will dialogue with each other around the fire place, gazing at the deep moon-lit skies.
- Finally we spend some days in the capital of Thimpu, learning about Bhutan's development challenge and culture by meeting local leaders.

SUSTAINABLE LEADERSHIP DIMENSION

The purpose of the journey is to explore a unique and unknown part of the Himalayas, while exploring ourselves as individuals and as leaders. The focus is on the journey 'within', stimulated by introductions to the ancient spiritual culture of Bhutan, its commitment to ecological preservation and its unique model of development: Gross National Happiness. Participants will be exposed to the rich world of Buddhism, considered to be the pinnacle of contemplative and transformational science. Comfort is no more than a secondary objective. Participants are requested to prepare for this adventure mentally and emotionally.

Global Leaders Academy has run various leadership journeys, starting with the first Tibet Leadership Journey in 2007. GLA journeys address at least two levels of experience: outer and inner. Program activities will address these different levels on a consistent basis through expert meetings, open dialogue, coaching and personal contemplation. We will be meeting with local leaders, both formal and informal, in dialogue with the journey participants. Every day will start and end with reflection.



WHO WILL ACCOMPANY YOU?

The journey is designed and will be executed by professionals in leadership and Buddhism. Professional leadership development experts will join in the design of the program and will be an integral part of the team.

Sander Tideman is specialized in sustainable leadership and organizations. Managing partner and Co-founder of Global Leaders Academy and SEAL Institute at Nyenrode Business University. He lived and worked in Asia for many years. He has visited Bhutan on several occasions, amongst others working with the government of Bhutan on operationalizing Gross National Happiness. He is a student and practitioner of Buddhism since 1982, an author and a leadership advisor.

Reinier Tilanus is coach, trainer and consultant with many years of business experience. He is also student and practitioner of Buddhism and has lived in Asia for several years. He and Sander have co-led leadership journeys in Tibet and Mongolia.

Quotes from participants from the earlier Leadership Journeys:

"An amazing journey, giving a genuine look into a totally different culture, with authentic and expert guidance. I recommend this journey to anyone seeking to explore new horizons".

- Ivo Lurvink, Head of Group Acquisitions, ING Bank

"The Journey was for me an impressive, often surprising and moving experience. All dimension of the journey touched me: the wide space of the landscape, the joy of the Tibetans, the deep dialogues with my fellow travelers, and above all: the core of my own being".

- Alix Royer, Founding Director, Reflexies.

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