

Virtual

Self

Leadership

Backbone



bridgingpositions

International Change – Consulting – Facilitation – Coaching

What does Self Leadership Backbone mean?

Self means that it is all about the individual person. Throughout the entire program the individual person - supported by the process and the other participants - goes on a discovery journey of the inner self: *How to become the best person one can become?*

Leadership is about strengthening personal integrity and authenticity, giving oneself direction, taking ownership and responsibility of ones life and making a difference: *What is it that I can bring, give to world? How do I best use my gifts and time, to achieve what? What is, considering myself and my context, the right thing to do?*

Backbone is the central element of every skeleton. It is the central point from which every major movement of the body originates. Without an intact backbone almost any movement of the body is either painful or not working at all. A strong and developed backbone is the base for a strong appearance of impact.



Taking this metaphor of the backbone to the personal life circumstances, the so-called **Self Leadership Backbone** is the fundament our decision making and actions are built on.

Similar to our physical backbone which is built from different vertebrae, the Self Leadership backbone consists of different elements.

What is the core purpose of the SLB seminar?

It is a time and space to contemplate & reflect on oneself & one's life:

Who are you, what are you here for?

The seminar guides you through a profound U-process*, in which you

- ✓ gain clarity, orientation and focus for your life
- ✓ get to know yourself on a deeper level.
- ✓ understand who you are and why
- ✓ get a hold of your greater purpose in life and gain ideas how to live it
- ✓ give your life direction instead of passively floating, become proactive in bringing your purpose to life
- ✓ gain clarity regarding your present personal situation and steps from there: *Is what I am doing or planning to do really the thing I want to do and the right thing for me?*

* Refers to Otto Scharmer's Theory U

Elements forming the SLB

The seminar is consists of 8 steps that build onto each other and illuminate different aspects of yourself

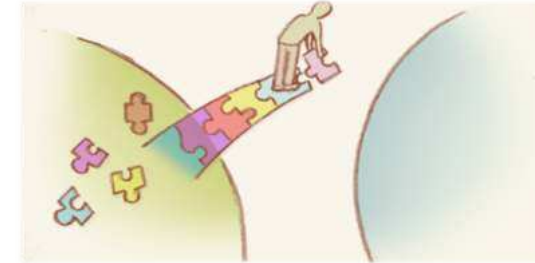
- 1. History:** Understand your past, how you became the person you wound up being?
- 2. Facts:** Identify what are the strengths and weaknesses you have developed over the past?
- 3. Brand:** Learn what you stand for?
- 4. Purpose:** Become aware of why are you here? What is it, that you and only you can bring to life? What is your gift?
- 5. Values:** Recognize what are your constituent values? What values do you need to practice in order to bring your purpose to life?
- 6. Ambition:** Realize where you want to go? What is it you want to bring to life?
- 7. Barriers:** Understand how you hinder yourself to fully live your purpose, values and ambition?
- 8. Pathway:** Figure out how to bring forth the next chapter of your life? What are steps to take form where you are now?



Outcome of the SLB seminar

After the SLB seminar, the participants

- grasp what the “best person” they can become is like
- know how to bring the necessary changes in their life that allow them to become more of the “best person” they can become.
- have learned about their strengths and weaknesses and gained insights how to deal with them
- know what decisions (bigger and or smaller ones) they need to take and they have developed a rough action plan for the next chapter of their life
- know what to continue, stop and start doing to live their life in greater accordance with their purpose, values and ambition



On our personal backbone quest, we need to suspend our purely rational, judging mind and create a space, a fertile soil, in which our tacit, unconscious knowing can emerge. We need to have the confidence in our self that without rationalizing and judging something of importance will crystallize.

➔ Therefore the Self Leadership Backbone process depends on & trains our mindfulness.

What is the SLB Process about, what are the benefits?

- It's about **creating momentum and energy** to master the cliffs & mountains that life holds for us. The process allows to build up the necessary momentum to follow our purpose, values & ambition in the next chapter of our life.
- **Detecting & getting rid of things** that we have accumulated & that are blocking us from fully living our life.
- **Developing a moral inner compass** allowing to make the right choices despite the daily ego struggles & difficulties we encounter.
- **Authentic leadership.** Being authentic, living our authentic self also in the midst of external influences that try to change and influence us.
- **Overcome the feeling of separateness** from others
- **Getting to know yourself better** on a deeper level. The SLB process guides in creating direction and focus for our life. This permits to **see opportunities** that allow us to advance in the direction we want to go. It helps to **make decisions** as we are now able to reflect choices/decisions against our purpose, values & ambition & hence can identify which choices will bring us closest to our authentic self.
- **Leading more our life** and not the life others want us to live.
- **Developing mindfulness inner peace & strength, emphatic listening skills**



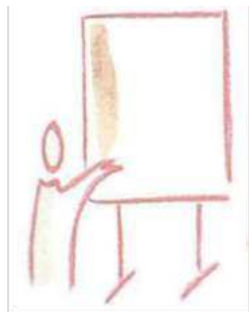
How does the SLB Program look like?

It is 3 days of profound contemplation and self-revelation on what is of true importance and deep value to you in your life.

The SLB process lives from the individual person going on a deep journey of inner discovery

"To uncover, discover what is of true meaning to you is like finding an old friend who was always there but somehow you could not name / were not aware about him or her."

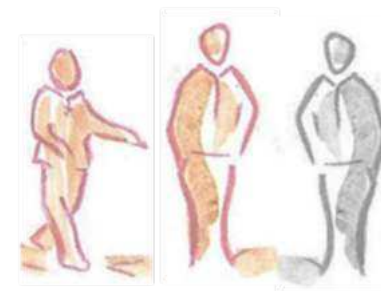
The program methodology is based on:



input sessions



journaling sessions



reflection walks.

Who should attend a SLB program?

Anybody who wishes to **develop personal focus, direction and clarity** in life, in order to live his or her full potential. People **taking or wanting to take responsibility** for themselves and/or other persons especially benefit from the SLB process.



So far the SLB Program was successfully held in the following contexts:

- As open seminar for **“private”** persons
- As Leadership Development Program in **companies**
- As elective course as part of Master Programs at two **universities**
- As Personal Development Program in **international development cooperation**

Preconditions for the SLB

For this journey a **mindset of being open, curious and courageous** about what we will encounter is needed.

Participants need to be in psychological stable conditions, if someone is in psychological treatment this must be considered prior to the program.

Usually the difficult or scary part does not so much lie in (re-)discovering our purpose.

It lies in finding out and accepting that we probably did not live up to it and in assuming the consequences for our daily life, in case we decide to live up to our personal purpose from now on.



Accomplishing this insight and clarity about our self we become able to align and direct our life in line with what is truly important for us, the starting point for a meaningful and fulfilled life.

What participants said about the SLB:

- *„What I want to say about the Self Leadership Backbone Seminar is this: It was very profound, arousing and for me very intense. For me, it definitively touched the right spots even though I had not expected that.“*
- *„The seminar came just at the right moment for me. I definitively would recommend the seminar and have done so already among my friends.“*
- *"Much of what happened in these days - inside of me, between the participants and you the facilitators - is 'beyond words'. In any case I have difficulties to find the right words. I had the feeling to be entirely myself -as much as hardly ever been before in my life. "*
- *"I was impressed, that the processes allowed every participant to work on him or herself, at his or her own pace and in the personally right intensity. I had the impression, almost everybody has experienced the maximum of personal growth in the seminar. For that it sometimes was necessary to go to the personal boundaries.“*
- *"I think I have took almost all waves: From 'too bad already over' to 'this is now somehow exhausting' up to 'I will never go back there! Indeed, more intense is rather impossible! "*
- *"Great seminar with convincing results and fantastic impulses. "*
- *"I am very content with the seminar. It gave me - I can say that already after a week - personally a lot. „*
- *"A concept developed and designed to be sustainable, professionally setup, prepared and facilitated. Recommendable for everybody, who wants to engage profoundly with the own personal development and objectives."*
- *"It was a great seminar! It helped me, to find the for me important questions and answers, both for my professional as well as for my private life.“*



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