



CONSCIOUS
LEADERSHIP
ACADEMY at the
University
of San Diego

CONSCIOUS LEADERSHIP FOUNDATIONS

2022
White Paper

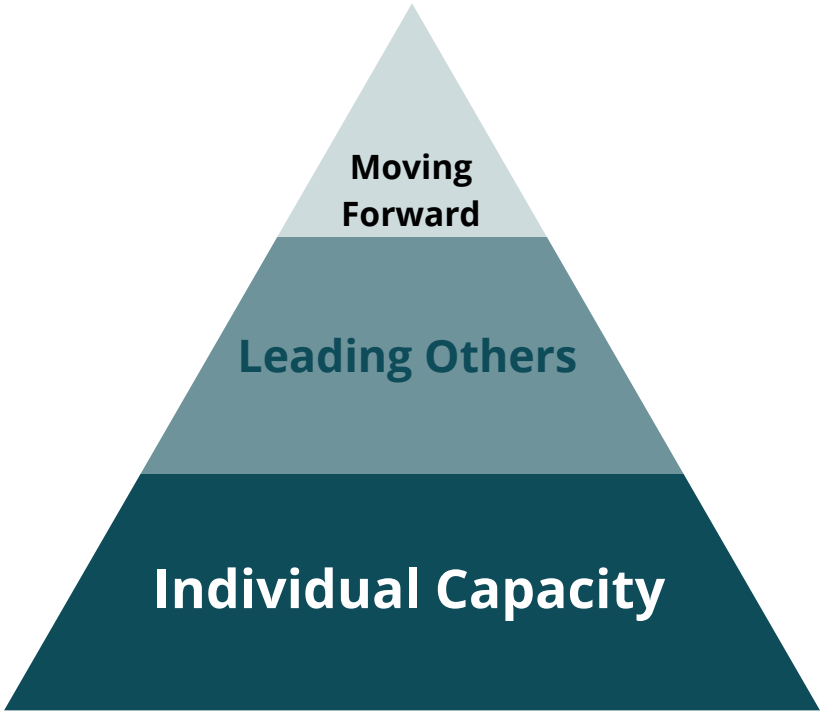




TABLE OF CONTENTS

- 01 Learning Conscious Leadership
- 02 Your Foundation
- 03 Your Connection
- 04 Your Practice
- 05 About Us

LEARNING CONSCIOUS LEADERSHIP



Our work is focused on building leadership capacity and helping teams engage more effectively and productively. We help organizations create cultures of courage and trust, where individuals can thrive, address conflicts and tensions, and move toward successful results.

Guided by the most current research, we have developed three learning levels of conscious leadership: Individual Capacity, Leading Others, and Facing Challenges as You Move Forward.



YOUR FOUNDATION



Individual Capacity

- Self Awareness
- Emotional Intelligence
- Listening
- Vulnerability

LEVEL 1 - INDIVIDUAL CAPACITY

Your Individual Capacity is the foundation necessary for conscious leadership to take place. Always present throughout your leadership practice.

Your knowledge and skill-building will focus on four competencies:

1. Self-Awareness
2. Emotional Intelligence
3. Listening
4. Vulnerability



YOUR CONNECTION



- Reading the Room
- Building Trust
- Mindfulness/ Reflection/ Contemplation
- Understanding and Identifying Group Dynamics

LEVEL 2 - LEADING OTHERS

Level 2 builds on the solid foundation of your Individual Capacity to support your growth in Leading Others. Expanding on the four competencies that will support your ability to successfully inspire and motivate others with a leadership practice based on curiosity, adaptability, authenticity and compassion:

1. Reading the Room
2. Building Trust
3. Mindfulness/ Reflection/ Contemplation
4. Understanding and Identifying Group Dynamics



YOUR PRACTICE



Facing Challenges & Moving Forward

- Hold Steady
- Regulate the Heat
- Agility & Flexibility
- Skillful Interventions

LEVEL 3 - FACING CHALLENGES & MOVING FORWARD

Leadership is not easy. Consistently relying on your Individual Capacities and expanding your strength in Leading Others, Level 3 will build your confidence and skill in conflict resolution, adaptability, and resilience. The four competencies are:

1. Holding Steady
2. Regulating the Heat
3. Agility & Flexibility
4. Skillful Interventions





CONSCIOUS LEADERSHIP ACADEMY

at the
University
of San Diego

The Conscious Leadership Academy (CLA), founded as The Leadership Institute in 2001, brings an innovative approach to leadership development. Based on the premise that leadership can be taught, and the belief that people learn best by doing, we use an experiential methodology to help people expand their thinking, explore patterns and habits, and creatively strengthen their ability to make a difference.

Our process blends data-driven content with emergent design. Responding to what is revealed, we work together to dig deeply, embrace discomfort and cultivate a growth mindset to explore solutions.

We are a team of scholars, leadership practitioners, coaches, and facilitators who are committed to finding a new way to lead, consciously and mindfully. We believe the most effective type of leadership is conscious and mindful leadership. A mental state that is achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. We believe this work may be difficult but, it is needed to support the leaders and teams of the future.

It is a leadership practice that is more meaningful, more impactful, and more inspiring. It is the kind of leadership that truly matters.



- LEADERSHIP & ORGANIZATIONAL DEVELOPMENT
- DIVERSITY, EQUITY, INCLUSION & BELONGING
- EXECUTIVE COACHING & ADVANCED COACHING CIRCLES
- WOMEN IN LEADERSHIP
- YOUTH AND TEENS
- EDUCATION
- ATHLETICS



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