

TRACK DESCRIPTION

TAPPING INTO ETERNITY

FORMAT: *Participatory learning in plenary. Self-reflection exercises and small group sharing. Outdoor exploration. Workshop on Designing Rituals.*

How do ancient texts and sacred truths intersect with contemporary leadership theory? What transformative role can ritual play in facilitation? How can timeless questions deepen your coaching conversations?

In this multi-dimensional track, we will explore ways to tap into eternal time – where what is finite and fractured is held within what is eternal, sacred, and whole. We will turn inward, cultivating wider awareness, inner stillness and capacity. We will venture outdoors and within the pages of ancient texts, exploring timeless sources of inspiration and new modalities for facilitation. We will experiment with creating rituals, expanding your capacity to usher clients through liminal moments.

Tapping into eternal time enables us to act in alignment with our highest values, and to show up as fully resourced, inspired, best versions of ourselves. It is a vital tool for leaders to navigate the increasing stress, complexity, and uncertainty of a turbulent present. The more deeply we have cultivated this inner life and resourcefulness in ourselves, the more skillfully we can guide our clients on this essential terrain.

LEARN ABOUT

- *Tikkun middot* – innate divine qualities that help us show up as our best, most fully resourced selves
- The structure, transformative role, and custom design of rituals
- Ancient wisdom to address present-day challenges, e.g. resistance to change; failure and disappointment; drawing wise boundaries; perfectionism, transitions, confronting obstacles, finding purpose.

LEARN TO

- Ask deeper questions
- Cultivate mindfulness of body, mind, heart, and spirit
- Weave the spiritual and eternal into your work
- Access inspiration in natural spaces and timeless texts and poems (drawn largely but not exclusively from the Jewish tradition)

LEAVE: Feeling deeply restored after a week of tapping into eternal time –with a more expansive set of tools and resources, for your own leadership journey and in your work with clients

PREREQUISITES: *Experience as a coach, facilitator or advisor to leaders. Readiness to explore new perspectives and spiritual approaches to leadership. Open to all, regardless of religious beliefs or affiliation (if any), or whether you think of yourself as a spiritual person.*



MICHAL FOX SMART is a senior leadership facilitator and transformational faculty member at Mobius Executive Leadership. An award-winning author and Fulbright Scholar, Michal has pioneered work at the nexus of personal mastery, spirituality, and professional development for over 30 years.

Widely regarded as a master teacher, Michal has spent decades immersed in traditional Jewish texts and spiritual practices. She loves to weave diverse sources of wisdom and inspiration into her work with leaders and clients, and to equip others to do so. Formerly CPO of the Institute for Jewish Spirituality, Michal is also certified in trauma-informed coaching and consulting, mindfulness meditation, and *tikkun middot*. Her prized book, *Kaddish: Women's Voices*, explores the diverse ways people experience loss, and the powerful role that ritual can play in recovery. Michal co-founded the TEVA Center for experiential environmental education, and authored *Spirit in Nature*, reclaiming Judaism's roots as an Earth-based religion.

A Fulbright scholar, Michal earned degrees from Princeton and Cornell and is also an alumna of the Wexner Graduate Fellowship and the Pardes Institute. A poet, birdwatcher and devotee of Kundalini yoga, Michal lives in Stamford, CT and is the proud mother of five young adults.