

THE POWER OF BEING INTERNALLY REFERENCED

FORMAT: A mix of short lectures, storytelling circles, guided imagery, small group discussions, group ritual, and journaling

We are taught to be externally referenced, identifying with the values and expectations of family, teachers, coaches, and bosses. This track uniquely depicts what it means to be internally referenced, as we move into the inquiry involving intimacy with the self. Participants will be given concrete tools for deepening self-intimacy and introduced to what it means to live intimately.

Becoming more self-referenced is a powerful opportunity to free yourself from reactionary impulses and a sense of hopelessness or isolation in the world. It invites deeper presence, genuine connection with others, and authentic leadership. Using oneself as a barometer, especially in times of uncertainty and volatility, invites a form of leadership that helps you to regulate yourself and those around you. Your capacity to bring more diverse views around the table is hugely amplified, which is one of the most necessary moves during complex times. Paul and Andi have been celebrated for their wisdom, humor, and down-to-earth approach. Back by popular demand, this track offers concepts and practices that hone our self-compass, through which we make more of ourselves available in service and contribution as those leading change.

LEARN ABOUT:

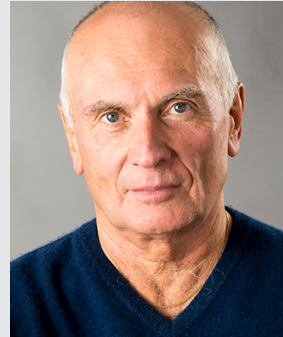
- The power of becoming an internally referenced leader; including the deeper wisdom, connection, and presence this generates
- The Psychological and Spiritual Practice of Receiving and of Self-Forgiveness
- The different modalities that guide us to self-intimacy

LEARN TO:

- Identify, access, and live from internal authority, from which we can create a robust life
- Practice coming home to yourself, including how to use your body to self-reference
- Hone your self-compass, accessing and practising self-trust, self-loyalty and self-listening

LEAVE WITH:

A set of lifelong practices that set the stage for emotional intimacy with yourself and others, greater access to the richest sources of your authentic leadership, and an awareness and appreciation of how self-intimacy manifests in others. Fresh answers to the life and leadership questions you have brought to the week-long immersion



DR. PAUL DUNION is a teacher, author, and psychological healer committed to remaining mindful of life as a mysterious and unpredictable journey. He is a Senior Transformational Faculty member and Consultant with Mobius Executive Leadership. As a therapist he has been in private practice for 45 years, employing an existential modality

and a somatic approach to treating trauma. He is trained in EMDR and is a graduate of the Somatic Experiencing Institute. He earned his Doctoral degree in Counseling and Consulting Psychology from the University of Massachusetts at Amherst and his M.A. in Philosophy from the University of Connecticut. He taught philosophy for 13 years at UConn and Three Rivers Community College. Paul founded Boys to Men, a mentoring program for teenage boys, and COMEGA, the semi-annual Connecticut Men's Gathering, now in its 32nd year of service. He has offered over 300 workshops on topics related to Human Potential. *Family: In Search of Genuine Belonging* (2024) is his eighth book.



ANDREA WINTER is a South African living in Basel Switzerland. As a Principal at Mobius Executive Leadership and a Senior Transformational Faculty member, Andrea's work focuses on helping senior executives and teams access and use more of their innate potential in a centered and fluid way, as they navigate complexity,

collaborate in innovative ways across multiple sectors, and drive enterprise-wide transformation. She works as an executive coach, top team facilitator, developer of facilitators, and as a mediator across a broad range of industries in Africa, the Americas, and Europe. For the past 19 years she has been a leadership advisor to a blue chip global professional services firm and acts as faculty for their advanced learning programs. She holds an MBA cum laude, a PCC Certified Coach credential from the International Coach Federation and was trained and licensed by McKinsey & Company as a facilitator of transformation. Having lived and worked on three continents, Andrea is aware of the subtleties of entering and exiting a system well, what drives belonging and well-being, and what it takes to deliver excellence while staying true to one's values.