



the inner activist

building  
personal  
mastery

## Building Personal Mastery 2020 Course Description



In all realms of our lives – personal, relational, professional, we are shaped and activated by dynamics which are often hidden from our conscious awareness and define our sense of self. These dynamics can negatively impact our relationships and our efforts to collaborate at work and with community. Collectively, they can block our potential to work in solidarity across difference.

Building Personal Mastery challenges us to unearth the drivers (from our personal history and social location) which create both inner stress and unproductive patterns of relating. Together we deepen our capacity for self awareness and reconnect with what motivates and inspires us.

Practices and skills enhance our capacity to live and lead, open to feedback, relate with greater authenticity and collaborate with wisdom, empathy and compassion.

**Course Goal:** Work together in community to create a more self-aware and balanced social change practice.

### **Learning Outcomes:**

Through participating in the course, participants will:

- Become more conscious of unproductive and harmful behaviour patterns that are driven by the desires and fears that we project or hide. We will trace the emergence of 'ego driven' behaviour that arises from our individual and ancestral histories and through the harmful wounding of inequality and marginalization.

- Draw on the wisdom and resources of our sensory body, of the natural world and of the traditions that sustain us to experience a wider sense of self and free up our capacity to make life-sustaining choices.
- Use skills and practices which deepen self-awareness, strengthen our capacity to forego counterproductive behaviours, set goals and nurture more effective relationships.
- Work with the gifts of feedback from family, friends, colleagues and community members to embrace our strengths and rise to our challenges.
- Nourish our commitment to change work for the long haul by co-creating a community of practice and mutual support.

### How We Work Together:

We believe that learning happens through direct, personal experience, and critical reflection on that experience. As a result, our educational practice is to use a mix of experiential methods, small and large group dialogue, presentation of content, earth connection, and time for rest, play, silence and socializing. We engage the head, heart, body and community, and focus on



bringing intention, awareness and wisdom to what is present in our moment-to-moment experience. As with all Inner Activist courses we will create a learning community that values diverse experiences and practices. We recognize that learning does not always occur in comfort. We invite us all into co-creating a brave space together.

### Contact Us

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