



ART OF HOSTING + EMBODIMENT + MINDFULNESS

Are you leading change in the systems surrounding you?

Are you seeking tools, methods, frameworks, practices and ways of being that will enable you to step fully in to facilitate meaningful and impactful interventions?

This intensive will give you a solid foundation for stepping in and stepping up to lead change. Gather with other change-makers seeking to bring about meaningful action and potentially collaborate on future projects.

For the first time, we are integrating various tools, practices, frameworks and methods from our own toolboxes from The Art of Hosting and Harvesting Conversations that Matter, Möbius Method Embodied Practices and Mindfulness into an immersive participatory learning environment. In this exchange of knowledge, you are invited to learn by doing and to bring your knowledge base to share with others.

THREE STREAMS OF LEARNING AND PRACTICE

Art of Hosting Practice

The Art of Hosting and Harvesting Conversations That Matter encompasses many methodologies, practices, principles and frameworks that support facilitating + leading participatory change processes that are complex, interconnected and at the crux of our social challenges in the 21st century. This suite of offerings supports diverse stakeholders coming together to attend to shared purpose and to derive solutions from collective wisdom that can only come from multiple stakeholders, exploring together, the topics that matter most.

Art of Hosting encompasses many many resources, methods and tools for you to use. While the training cannot include all of these in three days, we will design our training based upon what participants are seeking to learn. The following is a sampling of what may be woven into our experience.

Methods:

Circle Way Practice, World Cafe, Open Space Technology, ProAction Cafe, Process Design, Storytelling, Harvesting, Reflective Listening and Appreciative Inquiry, Action Learning, Mind Mapping.

Frameworks:

Cynefin Framework, Divergence/ Emergence and Convergence, Chaordic Stepping Stones, Four Fold Practice, Theory U.

Embodied Practice

The Möbius Method is a movement-based facilitation tool that accelerates connection, trust-building and understanding. A combination of experiential movement exercises and reflection questions create an opportunity for groups to tap into the vulnerability, risk-taking and playfulness necessary for group cohesion. You will learn some basic exercises appropriate for a variety of different facilitation scenarios.

Methods:

Helping a newly formed team to create trust and cohesion.
Creating meaningful conversation across multiple stakeholders.
Quickly building rapport and trust through movement, play and reflective practice.

Mindfulness Practice

Our aspiration is to provide tools of how to host conversations that are meaningful and transformative using facilitation tools and movement. This portion has to do with our way of being, where we have increased access to our qualities and our presence. Sometimes, these conversations that matter can be complex or difficult, given the diversity of perspectives and the emotions involved. Through mindfulness practices, we can prepare as hosts to be in the right space internally to hold paradox, polarities, and open up space so that every perspective can be heard and honored. We will understand some of the scientific underpinnings of mindfulness work, learn and deepen effective practices that enable greater presence as a facilitator and experience in practice the impact of this as you hold space for others.

Methods:

We will understand some of the scientific underpinnings of mindfulness work, learn and deepen effective practices that enable greater presence as a facilitator and experience in practice the impact of this as you hold space for others.

BIOS

Dana Pearlman



Dana Pearlman designs and facilitates multi-stakeholder engagements and action learning experiences that leads to transformational learning and social innovation. She utilizes many methodologies, frameworks, practices, principles and systems thinking. Her academic background is in clinical psychology and strategic leadership towards sustainability.

Dana's intent is to steward a world that is more whole, interconnected and in alignment with our true selves for wiser + conscious impact. Her sweet spot is at the intersection of authentic leadership, tapping into collective wisdom, and cultivating communities of practice in order to accelerate the profound transformation that is needed in our world.

Dana's designed and facilitated sessions for the State of Vermont, The Ministry of Education of Tanzania, Accenture Tech Vision Advisory Board, Zoomdata, Swissnex, Public Health Institute's Population Health Innovation Lab, GlobeMed, Dalai Lama Fellows, California Association of Hospitals and Health Services, Sonoma Co. Sustainability and Energy Dep., Impact HUBs, Stanford Leadership Experiment, CIIS, Sonoma State U's CORE Leadership, Sustainability Learning Centre, BTH in Sweden: Masters in Strategic Leadership towards Sustainability, Mycelium, Bold Academy. She hosts intensives in The Art of Hosting Conversations that Matter and leads workshops in Authentic Leadership from her co-created research and published: The Lotus: A practice guide for Authentic Leadership towards Sustainability. Dana is Advisor to the SelfDesign Institute, Curriculum Advisor to Dalai Lama Fellows, Founding Board Member for The Base Camp and mentor for HIVE Global Leaders Program. Dana is catalyzing and accelerating world-changing leadership necessary to meet the profound challenges of the 21st century.

<https://www.linkedin.com/in/dana-pearlman-27134312>

Anamaria Aristizabal



Anamaria is a certified Integral Coach, based in Bogota Colombia. She works with New Ventures West, a US coaching school, as faculty in coach training. She is an Art of Hosting practitioner, designing and facilitating powerful learning journeys for different groups. She is a curriculum advisor and facilitator for Byron Fellows, a leadership development initiative for changemakers from around the world. She is a coach for Mycelium, a school for social entrepreneurs.

As a social innovator, she co-founded Aldeafeliz ecovillage in 2006 near Bogota Colombia, where they are experimenting with various social and ecological technologies, including sociocracy. She is chair of the Colombian chapter of the Society for Organizational Learning (SoL) and member of SoL Global board. Also founding member and executive board member of the Foundation for Peace and Reconciliation, a core team member of "La Arenera" (the Sandbox –community of social innovation and social entrepreneurship).

Prior to her coaching and facilitation career, Anamaria worked as a consultant for McKinsey, the World Bank, CAF- Development Bank of Latin America, and various government entities in Colombia. Anamaria has an MBA and a Masters in Environmental Management from Yale University and a BA in Biology from Mount Holyoke College.

<https://co.linkedin.com/in/anamariaaristizabal>

Amelia Terrapin



Amelia is an experienced dancer, systems thinker, and educator based in Asheville, North Carolina. Reluctant to choose between art and science, her work unites the two. After graduating from the University of Minnesota—Duluth, she continued her journey as a professional dancer and educator in Wyoming. There she developed an approach that teaches STEM concepts through movement.

She founded Mobius to use movement as a powerful transformative tool for groups that range from schoolchildren and at-risk teens to engineers and business executives. Through movement, participants gain a deep understanding of complex ideas, build trust, and discover new ways to collaborate effectively.

Her approach has been presented at the Engineers Without Borders Canada conference, the Applied Improvisation Network Conference, and Bioneers by the Bay. Clients have included the Byron Fellowship Educational Foundation, the Institute for the Study of Knowledge Management in Education, the North Dakota STEM Network, the Teton Science Schools in Wyoming, the Rainbow Community School in North Carolina, and MetalIntegral Associates. Amelia is committed to creating an education system and work environments that inspire everyone to unleash their highest potential into the world.

<https://www.linkedin.com/in/amelia-terrapin-ba6aa22a>

ART OF HOSTING PLUS+ Application

<https://goo.gl/forms/Ajbq6ldkya8d1v3D3>



<https://www.facebook.com/events/1741549686162281/>

2017
APRIL
1-3

Location:
Highland Lake Cove, Asheville, NC -

<http://highlandlakecove.com/>

Cost: Cost: \$850 before March 1st,

\$ 950 afterwards. All inclusive.

For more info, contact:

artofhostingplus@gmail.com

