



Nobler Path
live. breathe. create



Oct 3-6 2019
Monferrato, Italy

Leadership for the Whole-hearted

A Mindfulness-based Retreat to Redefine and Own the Feminine
Qualities needed for Truly Inspirational Leadership

“Only when our clever brain and our human heart work together can we reach our full potential” – Jane Goodall

Leadership for the Whole-Hearted is designed to help women and men improve their impact, credibility and effectiveness as influencers and role models by consciously harnessing Feminine leadership qualities and integrating them with healthy masculine ones. **We cultivate the feminine qualities in a spirit of interdependence and self-expression, not rebellion or exclusion, by working with the fundamental human qualities that underlie all great leadership – Dignity, Presence, Courage and Wisdom.** Every competency we value, everything that allows us to learn, develop and evolve, has these fundamentally human qualities, available to all of us at any time, at its core.

Feminine and masculine are not gender specific but are rather complementary ways of being and doing – each of us has feminine and masculine traits, and great leaders like Dr M.L King, Gandhi and Mandela demonstrated the power of what we call “softening your leadership” – cultivating and integrating feminine qualities such as listening, empathy, receptiveness, big picture perspective, relationship and systems focus – and expressing them through Dignity, Presence, Courage and Wisdom.



Reflections

Why our emotions are essential to decision-making, and how to work with them instead of against them



Qualities

The Wayfarer Compass – what is it and how to apply it every day for greater credibility and impact as a leader



Action

What is Wisdom in practice and how to apply it in decision-making and strategy-crafting

We draw from different disciplines, including Co-Active leadership, the Leadership Development Framework, mindfulness and neuroscience, to offer experiential learning that is accessible and challenging.

There are many leadership programs out there, so what’s different about Nobler Path’s?



At Nobler Path we work in **both** the emotional-relational (feminine) sphere as well as the cognitive (masculine) sphere; and we work on our inner selves as well as our interactions with the world around us and the systems in which we operate.

We will provide you with tools and learning that will help you cultivate whole-hearted leadership that is

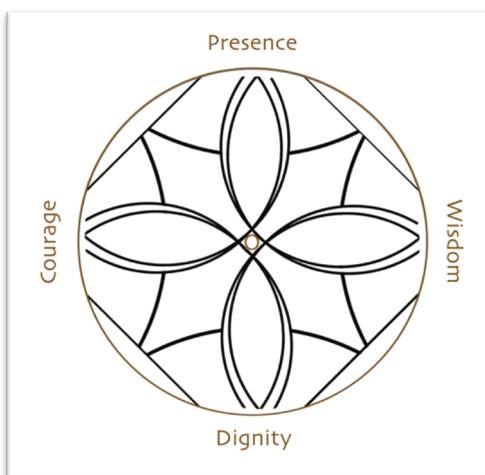
- Creative, intentional and effective
- Courageous and inclusive
- Situationally appropriate – strategic & tactical
- Emotionally intelligent and resilient
- Intellectually rigorous and honest
- Generative – growing and empowering others
- Adaptive and self-transformative through continuous learning



During this course you will

- Explore with others the impact of your unique way of seeing and making meaning of the world
- Develop your own leadership style through connection with others
- Engage with our unique model and reflective practices to increase emotional intelligence and strengthen relationships
- Cultivate present moment awareness of your habitual patterns and how to work with them
- Apply the cognitive process and the model to make faster, better decisions and craft effective strategy

The Wayfarer Compass



At the end of the retreat you will have

- Gained fresh insights on how to build trust and speed in business contexts
- Build awareness of habitual patterns and how to work with them to resolve conflict
- Increased your capacity to be more receptive and open to drive innovation through diversity
- Created concrete actions to apply learning in the workplace
- Gained an international network of business contacts

Who should take this course?

This retreat programme has been specifically designed for leaders at all levels who are searching for practical ways to further develop their effectiveness in their professional and personal lives through a deeper understanding of their "inner world" and how to take ownership of it.

Numbers are strictly limited to 16 participants per retreat. Book now to avoid disappointment!

Meet your co-leaders

Christina Lombardi-Somaschini and Magali Simon are professionally qualified coaches and facilitators, who have worked with companies and individuals from a wide variety of backgrounds, sectors and levels of responsibility. Together they form a powerfully creative team, leaning into their diverse knowledge and perspectives in service of their clients. They are both appreciated for their forthright and open approach.



Know yourself. Empower yourself.

Be intentional. Drive conscious business.



The Programme

- Pre-course 1:1 call with one of the facilitators to clarify your personal objectives and expected outcomes from the retreat
- 3.5 days full immersion experiential peer group training with opportunities to receive 1:1 coaching
- Practical action plan and commitment to apply your learning upon re-entry to your business
- Follow up 1:1 call with one of the facilitators to support the implementation of your action plan; online peer coaching circles to support each other

The residential retreat setting has been chosen specifically to give you the space, time and environment to reflect deeply, think expansively, have open generative conversations, and share experiences with peers in an informal setting. In our overly busy lives, this kind of space and quiet time, just to take stock, think things through, gain awareness, clarity and new perspectives is immensely rare and valuable. The retreat is a chance to take care of your body, mind and spirit to get the most of your learning experience.

Investment from **£1295 per person** (British Pounds)

Your investment includes the retreat experience led by two professional coach/facilitators, all learning materials, one-on-one coaching, shared accommodation in en-suite twin rooms, all meals and snacks, wine, vineyard tour and wine-tasting, use of leisure and spa facilities, return minibus transfers from Milan. Single accommodation is available at a surcharge, payable upon arrival at Casa Wallace – please let us know when booking if you'd like a single room.



Location and accommodation

[Casa Wallace, Monferrato, Italy](#)

Casa Wallace is a beautifully renovated farm complex immersed in vineyards in a green valley in the Monferrato wine region. All rooms are en-suite with organic furniture and linen, a selection of pillows, and stunning views. The owners provide superb hospitality including locally sourced produce and their own biodynamic wines. Staff speak excellent English.



For booking and further information

Book online at www.noblerpath.com/retreats

Have a conversation with us:

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