



WHOLE PERSON LEADERSHIP™ FOR WOMEN

2024: Cohort 7



*A Shared Journey of
Purpose, Renewal & Thriving*



WHOLE PERSON LEADERSHIP™ FOR WOMEN

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WHOLE PERSON LEADERSHIP™ FOR WOMEN

OUR MISSION

These times call for a more authentic and holistic kind of leadership and new ways to engage employees, teams, or your community. Finding more purpose, having the opportunity to share your authentic self and approaching life more holistically (not separating work and home lives) allows women to be happier and more effective in all facets of their lives. We believe that shared purpose and shared vision create strong leadership and more satisfied leaders.

In its seventh year, our Whole Person Leadership for Women (WPL4W) program invites women who want to connect more deeply to the power of their purpose and lead more authentically from a whole-person perspective.

WHAT IS WHOLE PERSON LEADERSHIP™ FOR WOMEN? WHY IS IT UNIQUE?

- **Whole Person Leadership** is a cutting-edge, emergent field of leadership.
- A **seasoned faculty collaborative** models the exploration of whole person expression.
- Defining one's purpose and values is motivating and helps define direction.
- **Art of Convening** practices and principles that guide each session are foundational to creating resonance and trust.
- **Positive Physiology, Trust Leadership, and Emotional Intelligence** processes guide people to be authentic and non-judgmental, unleashing fresh energy.
- Sharing one's **Leadership Challenge(s)** within your cohort allows a wide variety of input with fresh perspectives.
- Building trust through employing **Trust Leadership Behaviors** into one's work and personal lives allows for less bureaucracy, more efficiency and alignment.
- Knowing one's **strengths, patterns and growth points** provides context for why things are the way they are, and allows individuals to make good development decisions.
- **Getting Your Life into Balance** is much broader than work/life issues. Looking at all dimensions of human wellness and how one's time and energy are allocated helps people make decisions, based on shades of gray (not black or white) and helps individuals move toward better balance.
- We employ **qualitative research** as a listening and reflection tool to track learnings, insights, and growth.

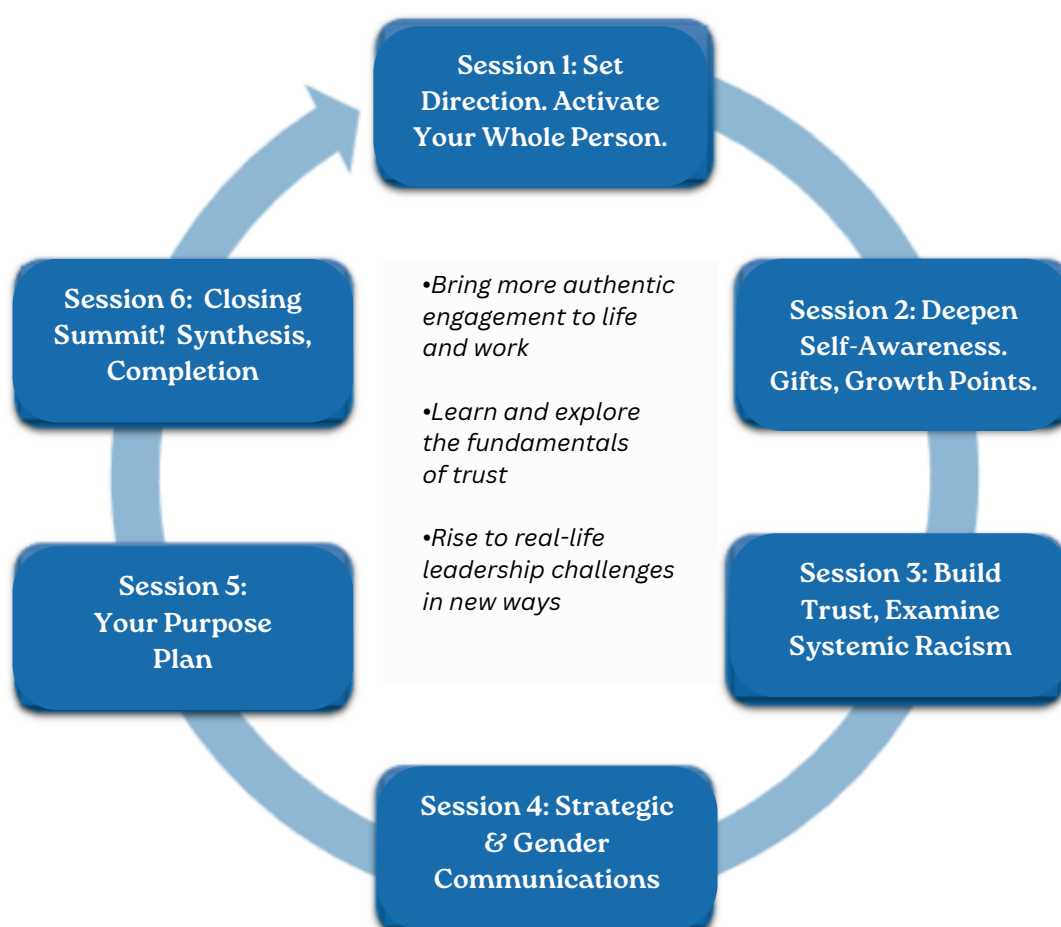


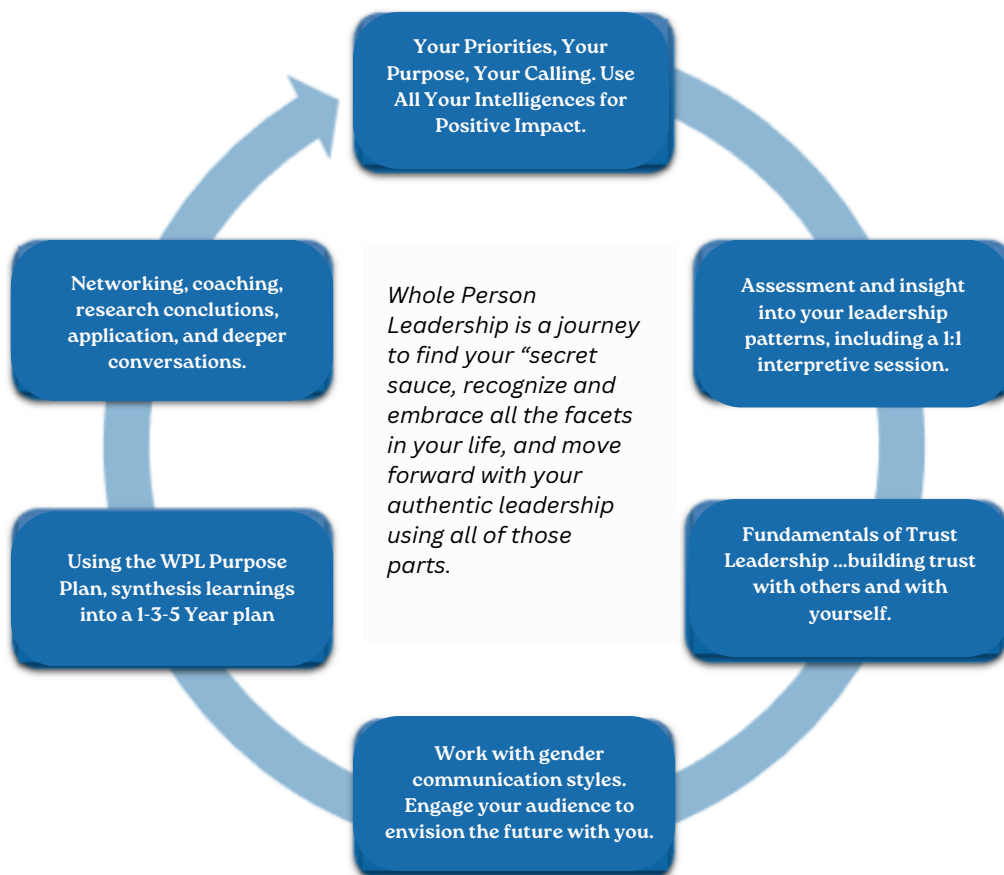
THE STRUCTURE

A six-month leadership journey where women leaders renew their purpose, define and address an identified leadership challenge from their lives or work, as well as experience the power of working with peers and our program faculty. It includes five virtual sessions via Zoom and a closing in-person summit, as well as qualitative research interviews that track participants' growth and offer collective insights.

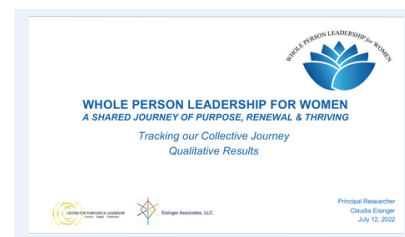
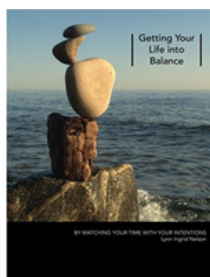
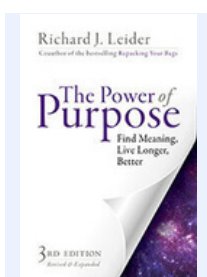
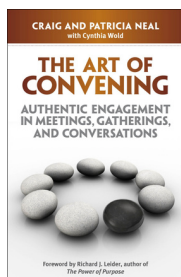
How does the program work?

- WPL4W includes a time investment of:
 - six 2.5-hour monthly sessions
 - bi-weekly 1-hour peer coaching sessions
 - between-session Accountability Partner calls
 - between-session reading/reflection/homework
- We conclude with a "Summit" experience (hybrid: in-person or via Zoom), focused on synthesis and completion of program content, goal-setting for the future plus an opportunity to be with your cohort in an engaging, innovative retreat format.
 - our qualitative researcher reflects on the unique expression of each woman and your cohort, creating a white paper presentation at the closing Summit.





COURSE BOOKS & PUBLICATIONS



PREVIOUS CLIENTS (partial list)

Abbott Vascular, Asian Women United of Minnesota, Aveda Corporation, BAE Systems, BWBR Architects, Chevron Corporation, Compas, Designs for Learning, Doris Duke Conservation Scholars, Fresh Energy, Institute on the Environment, Inter-Race, Logic Information Systems, Minneapolis Parks and Recreation, Metropolitan Council of Minnesota, Minnesota Bank & Trust, Minnesota Aurora FC, North Risk Partners, Ramsey County, Sagitec Solutions, St. Catherine University, State of Minnesota, Target Corporation, University of Minnesota, University of Wisconsin, Vermont Energy Investment Corp, Women’s Foundation of Minnesota



FACULTY TEAM



PATRICIA NEAL



VIVIAN JENSENS NELSEN



KIM KRISTENSON-LEE



CLAUDIA EISINGER



LYNN NELSON

A seasoned faculty collaborative models the exploration of whole-person expression.

- Patricia Neal, Executive Director, CPL; co-author, *The Art of Convening: Authentic Engagement in Meetings, Gatherings, and Conversations*. Certified Convening Leader and Trainer, Art of Convening Trainings.
- Vivian Jenkins Nelsen, The Hypatia Group, Inc.; Co- president, Diversity Institute, Inc.; founder of INTER-RACE; a nationally recognized diversity practitioner, trainer, planner, and researcher. Author, *The Diversity, Equity and Inclusion (DEI) Council and DEI Teams Toolkit*.
- Kimberly Kristenson-Lee, MAIR, ACC, TICC, CCL, Labyrinth Leadership Group, LLC; Certified Convening Trainer, Leadership and Change Management Coach; Trauma-Informed Coaching; Organization Renewal
- Claudia Eisinger, PRC, CCL, Eisinger Associates; Qualitative Research Specialist and Group Facilitator; Certified Convening Leader.
- Lynn Nelson, LINPR; Public Relations & Media Advisor. Balance coach. Author, *Getting Your Life into Balance*.

TESTIMONIALS

“After 25 years in leadership with my company, I felt my voice was lost and I could not be my authentic self. I now have a different attitude about how I approach my life and a roadmap that allows me to make decisions that align with my life’s purpose.” – Jennifer Stukenberg

“I wondered if this would be a good use of my time. I’ve always found my value in accomplishing my ‘to-do’ lists, and finding ways to grow, but I was already overbooked. During WPL, I got more clarity around my values to examine what behaviors align with those values to be more authentically me.” – Kate Burnevik

“This program was a pivotal experience that brought my leadership to the next level. I was able to discover and connect with a deep awareness of what my unique skills and talents are and how they lead to my greater purpose of what I have to contribute as a leader and in my personal relationships. I have tuned into my unique style of leadership and have learned to step up and step in where I can truly add value.” Ellen Palmer



Purpose



Renewal

Thriving

