

# Dive Into Conscious Leadership

## A SyncUp Retreat for Leaders, Consultants & Coaches at Lake Tahoe, NV

Zephyr Point Retreat Center, Lake Tahoe NV

Our potential to grow our minds—to expand our consciousness—is infinite. Imagine your brain and mind are an iceberg where more than 95% of what motivates your behavior is below the waterline of your conscious awareness. This four-day intensive gives you the skills—and a specific process—to dive below the surface and explore past experiences, beliefs and patterns that limit your strategic choices and get in the way of a growth mindset.

**B**ottom line impact for leaders includes thinking deeper, learning faster and applying insights for self and others that drive more relevant and appropriate actions.

### What is conscious leadership?

Conscious leadership is the ability to bring our whole self to all we do with extraordinary self-awareness. Conscious leaders understand how their inner world impacts their ability to respond with wisdom and compassion to the demands of their organization, the people they lead and the environment. Conscious leaders have growth mindsets. They see every interaction as an opportunity to learn. They recognize their part in creating the systems and circumstances they are trying to change.

### Why is conscious leadership so important?

Our current mindsets are overwhelmed and underdeveloped. We live and lead in an age of disruption that calls for agility, equanimity and wisdom. We love this quote—

*“Most people at work, even in high-performing organizations, divert considerable energy every day to a second job that no one has hired them to do: preserving their reputations, putting their best selves forward and hiding their inadequacies from others and themselves. We believe this is the single biggest cause of wasted resources in nearly every company today.”*

Kegan, Lahey, Fleming, Miller, HBR (April 2014)

### The antidote is moving ourselves and our organizations out of autopilot.

Conscious leaders develop cultures and organizations where the whole person is welcome, brain health and productivity are valued, people are resilient and thrive, and prosperity results from doing good work for a better world.

**U**sing what we know about the brain and the mind, we teach you to rewire your internal operating system to sync up with the realities of a complex world and become a more conscious leader.

**M**ore than 95% of our behavior is unconscious, driven in part by our early life repertoire of responses to stress, overwhelm, anxiety and uncertainty. But there is hope.

**C**onscious leaders are a critical competitive advantage in all organizations.

## How do we work with the unconscious?

We create a safe environment that allows you to self-inquire with depth, compassion, curiosity and courage. You'll uncover lifelong patterns and identify the unconscious parts of yourself that keep these patterns in place. You'll learn to recognize and understand how these parts of yourself are burdened with negative beliefs, attitudes and feelings learned at different stages of life.

You will apply your learnings to key relationships, to your professional environment, to your team/or clients, to your organization, to your present and your future goals.

We are researchers, educators and pioneers in the field of vertical development—an emerging, evidence-based set of best practices that focuses on growing leadership agility. Our conscious leadership curriculum is grounded in the neuroscience informed SyncUp4 Leadership model and the Internal Family Systems model. Internal Family Systems is recognized as one of the most powerful ways to work with the unconscious.

## Why should I attend?

You will understand key relationships, especially those that excite fear and anxiety, from a new perspective. New information allows you to move through and beyond energy depleting patterns to a place of freedom with options for a better future.

You will grow your self-compassion which directly affects your ability to maintain a growth mindset and learn from experience as you navigate an increasingly ambiguous and complex set of leadership challenges. Leaders with self-compassion support a climate that encourages innovation and healthy risk-taking.

## You'll leave with more courage to drive clear-headed action in daily life.

*Our clients say it best:*

"I have become committed to the SyncUp4 model and IFS process and have shared my experience with many colleagues and friends who are stuck in old patterns of behavior or frustrated with an inability to make change. Discovering my parts and learning to work with them has been personally valuable but even more important to making changes professionally and as a leader."

Gina Laksy, PhD and MAPL  
(MA in Public Leadership)

"Working with the SyncUp4 model and IFS has enabled me to continue cultivating professional opportunities and to ultimately make sound and balanced decisions. My jungle of activity originating from a young self-doubt part has been tamed. I am only beginning to realize how my various parts fully enhance me even as I work to negotiate with any one of them."

Andrew Butcher, Director of Innovation & Resilience, Greater Portland Council of Governments

We love questions. Please email Suzanne at [slahl@msn.com](mailto:slahl@msn.com). Or text her at 808-284-2859. You can reach Terri at 949-230-0918.

Ready to dive? Register here on our events page. <https://syncupleadership.com/events/>

Come dive into the silence, reflection, learning and healing surrounding four days and nights on the shores of Lake Tahoe. Explore how to reach the highest and wisest version of yourself by discovering untapped potential and what might be standing in the way.