



ADVANCE

Introduction - The Authentic Transformation Advance is designed to take you on a deep personal journey, to develop your understanding of authenticity and your abilities in transformation.

Commitment - Responsibility is fundamental to authenticity. The Advance asks a great deal of its participants and

it is only through total commitment that the advance will be made. Each participant must take 100% responsibility for their own commitment.

Equipment - Walking boots and suitable clothing, a small rucksack and a mobile phone are all important.

AUTHENTIC TRANSFORMATION ADVANCE

PRE WORK

A copy of "Seven Stages of Authenticity" will be supplied to each participant - please read it.

Each participant to write a painfully honest 2000 word biography to be shared with the other participants - please send to Neil by 28 February 2008

Participants write a self evaluation of fears, weaknesses, embarrassments and addictions

There will be a "getting to know each other" drinks the night before - if flights allow it would be great to all meet up.

Day 1

START

END

Welcome and introduction

10.00

10.15

Guided meditation

10.15

10.30

Opening Circle and purpose clarification

10.30

10.45

Brief for walk - to include getting out of breath, getting tired, feeling fear, 20 minutes of meditation, 20 minutes standing still looking at a view and a one-to-one session with Neil

10.45

11.00

Collect equipment and lunch and depart for walk

11.00

16.00

Debrief previous days experience as a group

16.00

16.30

Dinner

19.00

20.00

Film and discussion

20.00

22.30

Closing Circle

22.30

23.00



KNOWLEDGE

Days two and three are based at the hotel. Day two is devoted to understanding the Seven Stages and Spiral Dynamics.



DAY 2		
Open with guided meditation	10.00	10.15
Opening Circle	10.15	10.30
Brief project for participants to work in pairs to plot their own lives against Seven Stages map and Spiral Dynamics	10.30	10.45
Participants work on project	10.45	11.45
Participants share output and learnings	11.45	12.15
Lunch	12.15	13.00
Cremate self evaluations	13.00	13.20
Brief on Authenticity coaching	13.20	13.45
Using Seven Stages, purpose venn and spiral dynamics participants coach each other to articulate purpose (1 hr each way)	13.45	15.45
Brief on purpose letter writing	15.45	16.00
Participants write letter to loved one explaining their purpose and how it will affect their future	16.00	17.00
Walk to village and post letters	17.00	17.15
Space	17.15	19.00
Supper	19.00	20.00
Film and discussion	20.00	22.30
Closing Circle	22.30	23.00



PRACTICE

Day three is about putting the theory into practice in both organisational and public workshop environments.



DAY 3

Open with guided meditation	10.00	10.15
Opening circle	10.15	10.30
Brief project for participants to work in pairs to design their own Authentic Transformation project	10.30	10.45
Individually or in pairs work to design Transformation	10.45	12.30
Present back designs	12.30	13.00
Lunch	13.00	14.00
Discuss outputs and learnings	14.00	14.30
Discuss next steps	14.30	15.00
Closing circle	15.00	15.30
End	16.00	