

The River Listens...

A Workshop to Deepen the Practice of Reflective Leadership

Where: Oak Creek Cabins at Orchard Canyon | Sedona, Arizona

When: Monday, March 18 through Thursday, March 21, 2024

Five nights and four full days | Arrival: Sunday, March 17 | Departure: March 22

Workshop Leaders: Dan Oestreich and Moreen Branham

Enrollment: Limited to eight participants

Who Should Attend? Leaders who want to step back from the immersive nature of daily leadership work to focus on personal renewal and professional growth.

Business executives | Managers | Experienced change agents | Artists | Other professionals

This is an experiential workshop that supports leaders in exploring and addressing their unique challenges. Participants will gain:

- Greater insight into your personal beliefs, values and motivations
- Better means to address unhelpful thought patterns and behaviors
- Increased sensitivity to your own needs and the needs of others
- Improved boundaries with self and others
- Increased ability to stay grounded and resilient in the face of emotional challenges

What is Reflective Leadership?

In a time of unremitting social, organizational and technological change, without the promise of long-term opportunity or security, leaders are thrown back on their own resources, learning to guide themselves in radically new ways that blend intuition, spirit and self-knowledge with facts, data and the practical demands of their everyday work.

In his book, *Wiser: The Scientific Roots of Wisdom, Compassion and What Makes Us Good*, neuroscientist Dilip Jeste distinguishes *self-reflection* from *self-awareness*, calling out self-reflection as seeming to be “a uniquely human trait.” Other animal species may recognize their individuality and in that sense be self-aware, but only humans appear to introspect, meaning are able to examine “our own mental and emotional processes to better understand their fundamental nature, purpose and essence...a profoundly important and obvious element of wisdom.”



*all
our walls shake if we
listen
if we stop even
to rest a hand on them*

--W.S. Merwin

Our Approach: A Safe Space to Explore Your Leadership



Everyone is a reflective leader to some degree – the workshop helps expand your capacity to find the answers within. The design and content of the workshop are based on Dan Oestreich's book, *The River Listens: Thirty-Three Meditations and a Vision of Hope for Reflective Leaders*. The goal is to help each participant turn an important corner in their quest to lead self and others effectively.

Workshop leaders guide a series of open-ended exercises and conversations that enable participants to work on what is personally most meaningful to them as leaders. The workshop empowers participants to deeply inquire into their background conditioning as leaders and to assess the preferred arc of their personal growth and development over time.

The workshop is not a performance test or encounter group. The level of personal disclosure is likely to be high, up to each participant and always voluntary. The workshop honors the dignity of each person's path.

This is also not a teambuilding experience nor a process individuals are put through to gain specific skills or predetermined insights.

This *is* an event that asks each person to reflect deeply, share honest views with others, offer and receive feedback, and take the time needed to find, recover, or renew one's path as a leader.

What Will You Take Away?

The outcomes are shaped by the specific nature of the challenges participants are facing in their lives as leaders and by the rich community of interests that emerges within the group.

Participants will also take away key lessons in how self-inquiry can be of greater value to them and understand how to initiate and foster deeper structured conversations with others. Open, supportive relationships at this event form a powerful foundation for learning -- a community that focuses on the unique individuals who attend. Participants will receive a copy of *The River Listens* in advance of the event and a journal to record their insights during the workshop.

About Oak Creek Cabins



Oak Creek Cabins at Orchard Canyon provides a nurturing setting for personal inquiry and reflection. Situated a few miles from Sedona proper, the setting is one of quiet, natural beauty, a sanctuary surrounded by canyon walls. The resort includes gardens, an orchard and grounds near Oak Creek. Each participant will have a comfortable cabin to themselves. The resort includes a restaurant and a larger house where we will conduct much of the event. During the four days, all meals will be provided. The resort is known for its simple but refined cuisine. Please visit the resort website for more details and information:

<https://www.enjoyorchardcanyon.com>

Workshop Details and Registration

- The workshop is \$5,575 with \$2,800 due upon registration. The balance is due by February 9.
- **Included:** Five nights accommodations | Welcome reception on Sunday evening | All meals for four days, plus dinner on Sunday evening and breakfast on Friday morning.
- Airfare and transfers to Sedona are the participant's responsibility.
- Participants arrive by Sunday evening, March 17 and attend the workshop through the evening of March 21, leaving on Friday morning, March 22.
- There is some pre-work prior to the workshop. This involves speaking with one of the leaders in advance to identify issues the participant would personally like to address. Participants are also asked to read a brief portion of *The River Listens* before the start of the workshop.

For More Information and to Register

We invite you to directly contact either one of the workshop leaders. We are happy to discuss the workshop in more detail and whether it is a good fit for you.

Dan Oestreich
dan@danieloestreich.com
(425) 922-2859

Moreen Branham
moreenbranham@gmail.co
(206) 954-6276

Workshop Leaders

Dan and Moreen bring decades of coaching experience to this workshop and hold a deep commitment to guiding each participant in developing their unique leadership trajectory.

Dan Oestreich is principal of Oestreich Associates, a national leadership coaching and consulting practice located in the Seattle area. For the last 30 years he has worked creatively with leaders to help them hear feedback that will improve trust levels, systems performance and facilitate the work of building strong workplace communities. He is known as an effective, articulate coach, able to sensitively help clients find their own best path of change and personal growth. He is the author of two well-known books on speaking up at work, *Driving Fear Out of the Workplace* and *The Courageous Messenger*. For ten years he led, *Beyond the Edge*, a personal and professional leadership growth workshop in Jackson, Wyoming. Dan's clients include health care systems, universities, services, governments, manufacturers and non-profit agencies. Website: <https://danieloestreich.com>



Dan received his Bachelor of Arts from Yale University and a Master of Arts in Guidance and Counseling from the University of Colorado at Boulder.

Moreen Branham brings more than 30 years' experience developing leaders at all levels, most recently as Director of Clinical Operations and Vice President and Chief People Officer for Seattle Cancer Care Alliance (SCCA). Compassion, courage, and authenticity are cornerstones of her work. Her experience as a licensed social worker and at SCCA equipped Moreen with a deep understanding of what it takes to support others through difficult transitions, whether it's supporting patients and families through trauma, loss and grief, or guiding leaders in learning to trust themselves and grow through difficult times. Moreen now makes her home in Sedona, Arizona, and continues to consult on leadership development.



Moreen received a Bachelor of Science in Psychology, a Master of Social Work, and an Executive Master of Business Administration from the University of Washington.