Two workshops with Roy M. Oswald:

Managing the Polarities of Life
Oct 28, 2014

Leading from Within: the Spirituality of Leadership
Oct 29, 2014

Don’t let these classes fill up without you!
Register online at: continuingstudies.wisc.edu/wellness
Managing the Polarities of Life

Tues, Oct 28, 2014; 9am-4pm

A problem can be solved…
A conflict can be resolved…
A polarity can only be managed...more or less well.

In life, it’s important to distinguish between a problem and a polarity. Examples of polarities include:
• Tough Love versus Gentle Love
• Self Esteem versus Humility
• Competing versus Collaborating

If we treat a polarity as a problem to be solved, we lose twice. We lose once in that we may have winners and losers, with losers leaving. We lose a second time when we end up locked into one pole of the polarity without access to the other pole—a requirement for holistic living.

In this interactive workshop, you learn how to manage polarities by creating a polarity map with two neutral poles, each with an upside and a downside. You will learn how to move from the downside of one pole to the upside of the opposite pole. Eventually, you can learn how to oscillate between the upside of both poles—holistic living.

During this “learn by doing” workshop you will:
• Examine polarity theory and learn enlightened approaches to the phenomenon
• Develop polarity maps and learn how to use them in your personal and professional life
• Design a polarity floor map and use it to enhance group insight
• Gain new insights into the Myers-Briggs Type Indicator (MBTI) using polarity theory
• Discover polarities in your own life and how to better manage them

Leading from Within: The Spirituality of Leadership

Wed, Oct 29, 2014; 9am-4pm

Leadership, most people assume, is what people do in the outer world. Few leadership theories begin with the “BEING” side of the individual, as opposed to the “DOING” side. They deny the inner life as the foundation for bringing about change in the external world and that “who” we are is more important than what we know. This seminar integrates the “being” with the “doing” by exploring the internal transformation needed before attempting to transform our economic, social, or political institutions.

During this one day workshop, you will examine the “Five Biggies of Life” needed for transformational leadership:
• Greater Authenticity—learning about and manifesting our deeper selves
• A Spirit of Inquiry—having the courage to explore
• The Freedom of Choice—living consciously and more fully
• A Purpose Worthy of Who We Are—committing to a larger life
• Fulfillment—creating a visible manifestation of your intention

We also use Carl Jung's view of the psyche, to explore the polarity of Persona and Shadow and how you can draw on both for significant work and greater personal fulfillment.

During this workshop you will
• Examine how leadership is more an internal matter than an external skill
• Analyze how pursuing greatness involves coming home to your deeper self
• Assess how to face the “Tiger”—the things and people you fear most
• Describe and integrate the “Five Biggies of Life” into your own life
• Examine more fully your shadow material and how to draw on parts of it to achieve more meaningful leadership

Leader of these workshops
Roy M. Oswald (MDiv, BEd) has provided leadership for hundreds of training events in the U.S. and Canada. For more than 30 years he was a senior consultant with the Alban Institute. Currently, he is executive director of the Center for Emotional Intelligence and Human Relations Skills. A writer, consultant, and trainer, his books include Transforming Rituals: Daily Practices of Changing Lives.