

# Self-Awareness Training Institute for School Leaders: Mindfulness Retreat

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## Instructors

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## Course Sessions

- January 12-13, 2018 (New York City)
- April 20-21, 2018 (New Orleans)
- July 13-14, 2018 (New Orleans)

## Course Description

This program is designed specifically for the alumni of the Summer Principals Academy New Orleans (SPA|NOLA) and their colleagues and friends. The practices of Self Awareness Training (SAT) sit on a foundation of recent empirical research in the connections between mind and science, emotions and behaviors, development and capacity. The purpose of this practice space is for school leaders to cultivate their capacity for self-awareness, a 21st century skill essential to enlightened leadership. Primarily, these practices seek to support you in developing self-awareness as a means to recognize sensations, emotions, and cognition as distinct but intimately related experiences. Building skill in self-aware practice will increase your concentration, empathic capacities, skillful listening, management of conflicts, perspective taking and being present to the complex demands placed on people and educational systems.

The practices that you will be exposed to in this course invite you to develop three very subtle dimension of yourself. These are: 1) your subjective self-awareness (getting to know the

boundaries of yourself) while asking the classic question, "who am I?" 2) Your inter-subjective self-awareness in relationship to the environment in which you participate which includes the context, people, and demands that you meet in your role as leader; and 3) Your meta-subjective capacity to take perspective on your experiences of yourself, with others(inter-being), and the impact you and your actions have on the system as a whole (ecological understanding).

We accomplish this by guiding you through many different experiences and reflective practices over the course. These include becoming aware of your body and its sensations, your intuitions and emotions, and your thoughts, your judgments, and your interpretations. For example we rely on simple breathing exercises to get you acquainted with your own body and its internal sensations. Some of these practices will look like meditation and some of them are. Some of these practices will look like visualizations and practices found in some wisdom traditions and/or performance training. These practices are found in any system that recognizes that there is always a gap between what we know and how we know it, and that this gap influences how and when we act. Both the epistemology (how we think we know reality) and ontology (how we act in relationship to the reality we perceive) are dimensions of leadership that this course exposes you to and explores with you.

## Course Objectives

Through this program, participant will:

- Re-establish and deepen core principles and practices of Self Awareness Training (SAT)
- Learn best practices around leading and facilitating SAT for others
- Reconnect with friends and colleagues from their cohort and also network with other SPA|NOLA graduates to explore points of intersection, opportunities for collaboration, or initiate new careers or ventures
- Establish greater emotional fitness & self-regulation
- Deepen connection with their inner wisdom, intuition, and feelings
- Enhance personal leadership presence and increase capacity to focus and prioritize

## Course Outline

<b>Friday Evening</b>	
4-4:15 pm	Arrival and check-in
4:15-5:30 pm	Intention setting and introductions: <ul style="list-style-type: none"> <li>● What is your intention for the retreat? What outcomes you'd like to have for yourself?</li> <li>● What areas are you feel challenged? What is the question you are wrestling most with right not in your life?</li> <li>● Discussion and debrief</li> </ul>
5:30-7:00 pm	Reception and networking with SPA   NOLA cohort and faculty
<b>Saturday Morning</b>	
8-8:45 am	Self-Awareness training and practice with SPA   NOLA cohort: <ul style="list-style-type: none"> <li>● Mindfulness and sitting meditation</li> <li>● Journaling</li> <li>● Pair Share</li> <li>● Debrief and discussion</li> </ul>
8:45-9:15 am	Break for coffee/food
9:15-10:15 am	Foundations of SAT Practice <ul style="list-style-type: none"> <li>● Basics of mind training practice               <ul style="list-style-type: none"> <li>○ Concentration meditation: Awareness of breath, body, feelings</li> <li>○ Insight meditation: Awareness of the "self"</li> </ul> </li> <li>● Revisit Intentions settings</li> <li>● Journaling and reflective questions:               <ul style="list-style-type: none"> <li>○ What breaks your heart? What inspires you?</li> </ul> </li> <li>● Groups of three discuss (mindful listening, how to reflect back what you heard)</li> </ul> SAT in schools <ul style="list-style-type: none"> <li>● Discussion:               <ul style="list-style-type: none"> <li>○ What's biggest challenge or "pain-point" you are facing in your practice?</li> </ul> </li> </ul>

10:15-10:30 am	Break
10:30am-12:00 pm	Methods for deepening SAT Practice in everyday life: <ul style="list-style-type: none"> <li>• Walking meditation</li> <li>• Mirroring</li> <li>• Breath observation</li> <li>• Pay attentions to the senses</li> </ul>
12:00-1:30 pm	Mindful Practice - Lunch
<b>Saturday Afternoon</b>	
1:30-2:45 pm	Incorporating SAT into school leadership: <ul style="list-style-type: none"> <li>• Success stories or challenges <ul style="list-style-type: none"> <li>○ What works and what does not work?</li> <li>○ What are some of the biggest hurdles and how to overcome them?</li> </ul> </li> <li>• Groups of 5: discussion of practices/barriers and successes in personal/professional practice</li> </ul>
2:45-3:00 pm	Break
3:00-4:30 pm	Learning to leading SAT practices yourself: <ul style="list-style-type: none"> <li>• In small groups, volunteers lead the group in one of the practices that we have shared in small groups</li> <li>• Debrief after each sessions for feedback and recommendations</li> </ul>
4:30-5:00 pm	Wrap up and debrief <ul style="list-style-type: none"> <li>• Reflection - what are you taking away?</li> <li>• How would you like to continue this practice?</li> <li>• Ways to sustain the practice going forward</li> <li>• Q &amp; A</li> </ul>