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790 E 14th Ave,  
Vancouver, BC V5T 2N4

# LEARNING BILL

June 21, 2017



Data

Design

Humanities & Social science

Social Service Practice

Leadership

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# LIMIT-LESS

If we want to disrupt the status quo, what kind of leadership is called for? What are our scripts, beliefs, and fears? Join us for a brown bag lunch and conversation. Stay or join us for a post-lunch reflective walk, where we'll contemplate when it is time to let go of old practices to make room for new ones.  
For leaders at all levels.

## LEARNING SESSION GOALS

1. Explore the ways in which our beliefs (judgments, fears, assumptions, etc.) can create narratives and scripts that limit our capacity to lead fully
2. Increase participant's capacity to 'catch' limiting beliefs in action and see the dynamics with fresh perspective and self-compassion
3. Introduce tools and resources to help participants get disentangled from limiting beliefs
4. Support participants to apply the learning to a current leadership situation in which they feel stuck

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## CAST



**dr Jennifer  
Charlesworth**

Systems innovator and  
InWithForward's Lead of  
Organizational Change.

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## SCENES

- Scene 1: Welcome  
Scene 2: Leadership as a journey  
Scene 3: Blocks and barriers along the way – The impact of limiting beliefs  
Scene 4: Exploring other pathways  
Scene 5: Applications

## KEY CONCEPTS, FRAMEWORKS, DEFINITIONS

**Transformational Leadership:** a process where "leaders and their followers raise one another to higher levels of morality and motivation" (James McGregor Burns) through demonstrating and enacting integrity, fairness, encouragement, support, recognition, shared goals, inspiration and vision.

**Limiting beliefs:** Beliefs that shape our narrative of ourselves, others and situations, and that influence and constrain the ways in which we think or behave. Limiting beliefs often restrict our options and impoverish our lives

**Shame:** "An intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging – something we've experienced, done, or failed to do makes us unworthy of connection."  
(Brene Brown)

**Vulnerability:** Openness to "uncertainty, risk and emotional exposure" (Brene Brown) in a way that creates possibilities for learning, growth and creativity even through pain and discomfort

## FURTHER FOOD FOR THOUGHT

*Blindspot – Hidden Bias of Good People* by Mahzarin Banaji and Anthony Greenwald  
*Daring Greatly* by Brene Brown  
*Deep Diversity – Overcoming Us vs Them* by Shakil Choudhury  
*Loving What Is – Four Questions that Can Change Your Life* by Byron Katie  
*Mindset – The New Psychology of Success* by Carol Dweck  
*Self-Compassion* by Kristin Neff  
*Walk Out to Walk On* by Margaret Wheatley and Deborah Frieze

TED talks:  
Power of Vulnerability by Brene Brown  
Listening to Shame by Brene Brown

## SOUNDTRACK

*Go do* - Jonsi