

Take a Fresh Look at Leadership: Through Your Own Lens®

A one-day retreat to refresh your leadership mojo

Why it Works: Neuroscience

Our brains need “unfocused” time to balance the hyper-focus we lavish on our priority work.

Unfocused time is like a wide-angle lens that shows us what we miss during intensely focused work. We begin to see novel connections—the crucial links to solving the intractable issues in our hyper-focused work that leave us feeling stuck, digging a deeper rut, and spiraling into exhaustion.

New connections show up when we go “out of our minds” and into deeper sources of knowledge and understanding, which we access through metaphor.

How it Works: Mindfulness

Through Your Own Lens® incorporates mindfulness techniques of observation, curiosity, and seeing what we’ve taken for granted. We explore the metaphors that provide exciting new ideas, and apply them to a wide range of challenges.

Bottom Line: It Works

Get breakthrough solutions—without the struggle or the corporate-speak. More “show” than “tell,” Through Your Own Lens is packed with practical ideas your team will use right away. Join us on NOVEMBER 10 for a one-day retreat that will change how you think about leadership training.



See what you’ve been missing. Literally.

Leadership Through Your Own Lens® is a proprietary, experiential method of combining photography with proven coaching techniques to explore what we see... and what we don’t. It’s a radical, imaginative toolset for ending cycles of unproductive thinking, opening up possibilities, and shifting toward constructive paths of collaborative action and healthy communication.

And the best part? An immediate sense of relief, ease, and creative control of your leadership abilities that will last throughout your career.

Through Your Own Lens® focuses on bringing fresh perspective to workplace challenges by:

- teaching you how to harness powerful metaphors that will move you through difficult circumstances that have defied your best attempts to “figure it out,”
- guiding you to see the things you haven’t noticed—which are the very things that will unlock solutions with surprising ease,
- helping you change your approach when the problem isn’t really the problem—it’s the thinking you’ve been using to try to solve it
- engaging the brain’s full capacity, bringing innovative, balanced, and mindful methods to leadership for problem solving, team building, communication, conflict resolution and stress management.

WHEN: November 10, 2019, 9:30 a.m. – 5:30 p.m.

WHERE: The Commons, Annapolis, MD

FEE: \$325 per person/\$600 for two

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