

MindfulPresence
Our Source of Human Power
Dialogue and Capacity Building



**Mindfulness in
Transformational
Leadership
SoLstice ReTreat**

**in the East WestSanctuary, off
Budapest, Hungary**

Hosts

**Agota Eva Ruzsa
Dr Brownen Rees**

**& invited practitioners at the
Conference day:**

**Gábor Fazekas, MbSR
Róbert Ligeti, Pál Torkos
Tünde Szabó, Raiffeisen bank
+ editors of Sth Playbook in
Hungarian**

MindfulPresence is a core capacity in many „new” leadership functions, such complexity awareness, emotional and social intelligence, conversational and participatory leadership – all leading to innovation, resilience and renewing. In the XXI.st century, when we do not know what tomorrow brings, when future visions seem at times illusions and transient dreams. **The U.Lab Leading from the Emerging Future, developed at MIT-SoL** Lab as an inner practice based on mindfulness practice so much appreciated in the past decades.

Day Conference inspired by P.Senge, MIT professor, author of The 5th Discipline, co-author of Presence, The Necessary revolution, A Triple Focus, Senge on systems thinking, contemplation and OL and on Change,
O.Scharmer, MIT/Harvard – U.Lab lecturer, co-founder of Presencing Institute, author of Theory U, Leading from an Emerging Future
Jon Kabat-Zinn, prof. emeritus at The Center for Mind and Body medicine at Boston University of Massachussets. Jon Kabat-Zinn at Google.

MINDFULPRESENCE IN LEADERSHIP

June 26-28th

Incubatio,UK & SoL Hu ReTreat

**Mindfulness&Systems Thinking in Practice
Dialogue conference
June 26. 10 am – 4 pm**

„The success of an intervention depends on the interior condition of the intervenor.”

Bill O'Brien. Hannover Insurance,

Mindful Communication and Presence in Leadership practice. A day conference and a week-end training hosted by **SoL Hu & Incubatio,Uk** and sponsors and invited guests to enhance presence and mindful understanding in our communities of practice.

- you will have an understanding of mindfulness and its practice in our daily life (work, education and healing)
- some in depth insights in its business application called Presencing and U.Theory
- some latest research cases to support its relevance in our life
- opportunity to meet kindred spirits in the field of practitioners

The weekend seminar is preceded by a day participative conference where all participants together with guests invited will have the opportunity to share personal and professional experiences.

Registration is [Here](#).

„We are internally related to everything. Not externally. Consciousness is an internal relationship to the whole.” Prof.D.Bohm

HOSTING PARTNERS

Learning organisations for Sustainability, SoLHungary and Incubatio, UK. Further information you can find at our homepages.

Key partners:



SoL Summer July 21-24. and [Wisdomweavers](#), Aug.19-23.