

Leadership and Transformation Program

Graduation Map

This material is in response to inquiries about **successfully** completing the L.A.T. program and questions such as, “How am I doing? How do I know where I am in the journey? What’s the program about anyway-really?”

The deeper purpose of the program is to free your perception, attention and creative choices so that you can make up the most fulfilling, satisfying and creative life possible. I want you to have a life that brims over with joy, invitation and easeful contribution. The areas outlined below are offered as one set of guidelines for you to ground yourself, choose your next actions, ask for support and declare yourself complete with this container as you move forward to create other circles of connection.

My invitation is: use these suggestions to have the most fun you can.

Life-long learning:

- Initiates learning skills such as opening posture, generous listening
- Creates next steps and actions from learning experiences
- Sources own journey through life from a felt sense of authenticity and authority
- Receives feedback with curiosity and openness however it is delivered
- Masters the **basic practice** in real life

Rich inner life:

- Gives self-abundant, curious attention (notices with love) and describes inner experience in a way that others can understand and empathize
- Chooses to love him/herself over and over
- Trusts and follows impulses
- Balances experience with expression to ground easefully
- Acts congruently from whole body awareness and connection

Reliable Shifty-ness:

- Favors shifting into ease, flow, essence pace and creativity instead of drifting, drama and triangle interactions
- Experiences tangible freedom from habitual patterns and reactions (“the story”) from track record of re-committing and shifting out of the old story over and over

Mentoring & Teaching Abilities

- Demonstrates and teaches Yes breath to individuals and groups
- Presents con-ex-ex with ease and passion
- Radiates and inspires integrity skills in others from authentic presence
- Sees and loves self and others as totally whole, complete and AMAZING

Ownership:

- Lives in 100% responsibility
- Experientially understands *Owning the Place*
- Initiates requests and speaks from own experience
- Fosters co-creativity and mutual responsibility
- Creates a passionate life

From the L.A.T. Manual, for further reference:

MASTERY

We started our first advanced program in the 90's and called it Mastership, later Mentorship, which then evolved into Living University, the Quantum Coaching system, etc. The apprentice program is the current living exploration of these principles:

- Mastery is the ability to live in your essence—who you really are—while acting impeccably in the world.
- Masters take responsibility for any life situation they occupy—they never need encouraging, reminding or a good reason to take responsibility.
- A master perpetually releases expectations about how things need to be.
- A master lives in wonder.
- A master tells the truth without needing to be prompted, for the pure exhilaration of it.
- Masters get afraid like everybody else. They move through it efficiently by expanding into breath, spaciousness and possibility rather than contracting into solidity and entrenched positions.
- A master occupies the open space of creative possibility so that people around them are pulled into that space if they are willing.
- Masters constantly generate possibility.
- A master lets go of things that aren't working, feels the sadness of loss, then moves on, creating waves of innovation.
- Masters can tell you their mission simply and quickly.
- Masters exude curiosity.
- Masters open a space in which you can permanently lose your fascination with your stories and personality dramas. If you persist in your stories and dramas around masters, their disinterest often escalates to offensive levels.
- Masters hide nothing and generate clarity rather than mystery.