



Grow, Integrate, Flourish, Transcend | GIFT Leadership Institute

Loving leadership to co-create inclusive communities

Wisdom Ways Values:

In a spirit of wisdom, **We honor** the inherent dignity, particularity, and wholeness of each human person. **We believe** that each of us can call forth healing, growth, integration and expanded freedom for ourselves and each other. **We listen** to and support the creative expression of spiritual wisdom across varied religious and secular ways of being. **We commit** ourselves to inclusivity, accessibility and liberating justice on behalf of personal transformation and the transformation of the world.

Institute Objective:

Develop spirited leaders invested in equity who embody the four pillars:

Grow: The expansion and leveling up that first occurs within ourselves, allowing for more compassion, creativity and agency toward one's-self and others and all of creation

Integrate: Allowing all the distinct parts of ourselves to be present and compassionately accepted, along with a synthesis of the Wisdom Ways values in one's inner life and its expression in the world

Flourish: Experiencing the fullness and fruitfulness of authentic, intentional relationships with God, self and others

Transcend: Embracing the capacity to see oneself with wholehearted acceptance and feeling the innate connection to all that is while creating a new way of being

The GIFT Leadership Institute flows from a core mission of advancing loving leadership to build compassionate connections and equitable communities. **This two-year cohort program begins with a year-long focus on enriching your inner life, spiritual growth and integral well-being.** During the second year we'll explore how your inner life can best be expressed as loving, just and equitable leadership in whatever contexts you choose to be.

Who is the GIFT Leadership Institute for?

- **People who care about our common humanity** and our capacity to connect and communicate spiritually on a profound level
- **People in the helping professions**, educators, health care professionals, ministers, chaplains, human resource professionals, non-profit employees, front-line workers
- **Leaders who work on justice issues** and/or who have a deep concern for equity and inclusion
- **Leaders who want to co-create a new way of being** and new structures for their work and organizations

Many people have experienced high level challenges in their personal and professional lives over the past few years and could be facing potential burnout or compassion fatigue. The world is calling for a new level of strength, endurance and creativity in leadership. This program provides the space, resources, and authentic connection needed to nurture a more loving and powerful presence within yourself and those around you.

Cost: \$2500 per year | This price includes all retreat costs, required materials and programming. Payment plans available. \$500 nonrefundable deposit required. Limited scholarship support is also available.

Participants will receive 18 continuing education units for the program along with a certificate of completion.

Requirements: Two years of professional experience

Approach and Methods:

The GIFT Leadership Institute utilizes both in person and online approaches to maximize personal integration of the material and cohort connection. **Each participant should expect to engage in about two hours of time weekly with content and the cohort.** A monthly theme will guide us from August through May (with a free month in December) for each of the two years. Participants will use an online course site to access content and engage in discussion. Integration of the learning into action will be supported by monthly group coaching.

Please see the themes below. Each month proceeds through a four-week cycle:

Week one | Learning content - videos and readings will be provided – on your own time via the online course site

Week two | Large group presentation and discussion – second Tuesdays of the month from 7-8:30 CST via zoom

Week three | Activities and integration work - online discussion - on your own time via the online course site

Week four | Small group coaching - scheduled in small groups with Angela Swain or Marian Diaz

Monthly Topics

Year One: *My Inner Life*

1. **The Stories We Have** (Retreat) – August
2. **Our Spiritualities** (Values) - September
3. **Our Inner Voices and Our Actions** (Self-compassion and Fierce Self-Compassion) - October
4. **The Emotions We Have** (Emotional Flexibility) - November
5. **We Are Complete** (Interpersonal Neurobiology) - January
6. **Our Personality Preferences** (Enneagram work) - February
7. **Our Particularities** (Intersectionality) - March
8. **Our Peacebuilding Styles** (Navigating Conflict) - April
9. **Us as Leaders** - (Retreat - optional) - May

Year Two: *My Expression in the World*

1. **Helping and Power** (Mission/vision/values/goals)
2. **Non-violent Communication and Conversational Intelligence**
3. **JEDI Leadership** (Justice, Equity, Diversity and Inclusion)
4. **Trauma Informed Leadership**
5. **Anti-racist Leadership**
6. **Interfaith Peacebuilding**
7. **Loving Leadership in Context**
8. **Coaching for Leadership**
9. **Integration – Loving Ahead**



First Year Retreat (Required)	August 25–27, 2023	Friday, 4 pm – Sunday, 1 pm
Spring Retreat (Optional)	April 26-27, 2024	Friday, 4 pm – Saturday, 6 pm
Second Year Retreat (Required)	August 23-25, 2024	Friday, 4 pm – Sunday, 1 pm
Second Year Spring Retreat	April 25-26, 2025	Friday, 4 pm – Saturday, 6 pm
Location: Carondelet Center, 1890 Randolph Ave., St. Paul, MN 55101		

For more information please check out our website: www.wisdomwayscenter.org/gift

To apply go to: www.wisdomwayscenter.org/gift-leadership-institute/p/application and follow the instructions.

The application process will be open until a full cohort is formed. Once your application is complete, you will receive an email asking to set up a time for an interview with the instructors.





Dr. Angela L. Swain

Dr. Angela L. Swain is a business psychologist and pastoral theologian. As an expert in organizational behavior, she believes in creating positive workplace cultures through leadership development professionally and personally. Dr. Swain served as a researcher and moderator for The Emotional Intelligence Leadership Institute in Chicago where she conducted training programs for managers to discuss team membership, meaning, and empowerment. Currently, she is the Director of the Office of Human Dignity and Solidarity with the Archdiocese of Chicago and adjunct faculty in the Spirituality and Pastoral Ministry Department at Catholic Theological Union, a seminary for both lay and religious leaders.

She is the author of numerous publications, including: *The Relationship Between Managers' Emotional Intelligence, Positive and Negative Affect, and Employee Voice*, *COVID-19 and Beyond: Supporting Your Staff in Times of Stress and Transition*, and *The Psalms and Motherhood*,

a chapter in Mothering and Theology (forthcoming). Her chapter seeks to highlight the careful balance of mothering and finding spiritual strength throughout the Psalms. She is also the author of two Amazon Best Selling books in Organizational Change Management and Short Memoirs- *Kitchen Table Talks with Dad: 5 Simple Tools to Become a Transformative Leader* and *Mama Knew: From Behind the Eyes of a Matriarch*. She is the recipient of the 2022 Dr. Margaret Burrough's Legacy Award presented by The DuSable Museum's Women's Board and the 2022 Citizen's Award presented by The University of California Police Department, San Francisco.

Dr. Swain is a graduate of The Chicago School of Professional Psychology (Ph.D.), St. Xavier University (M.B.A.), The University of Chicago's Crown Family School of School of Social (M.S.W.), and Catholic Theological Union (M.Div.). She earned her coaching certification from the Institute for Professional Excellence in Coaching (iPEC) and holds a Master Certified Coach (MCC) certification from the International Coaching Federation.

Marian K Diaz, DMin.

Marian K Diaz, DMin. is the current director of Wisdom Ways Center for Spirituality. Her mission centers on the creation of safe and vital in person and virtual spaces that enable spiritual growth on behalf of personal and global well-being. Marian has had a broad career of service in ministry formation and theological education. She founded and directed the program for lay ministry formation for the Diocese of Palm Beach, Florida. She has taught graduate level courses on scripture, discernment, women and the church, social justice, interfaith peacebuilding, pastoral leadership and management and moral theology. Her interests include Scripture, spirituality, women's spiritualities, spirituality and equity and the intersection between pastoral practice and theological method. She has developed and offered programs on vocation, discernment, ministerial leadership, spiritual growth for a variety of diverse communities with the support of three grants from the Lilly Endowment, Inc. She worked with Dr. Swain from 2019-2021 to create and run a coaching training program certified by the International Coaching Federation.

She is the author of numerous blogs, shorter articles and book reviews. Her academic articles include, *Friendship and Contemplation: An Exploration of Two Forces Propelling the Transcendent Hope and Power of the Liberal Arts*, "Integritas", Spring 2014 and "Factors Cultivating Well-being of Women Religious in Ministry and their Resonance with Research on the Workforce," co-authored with Sr. Maria Clara Kreis, CDP, PhD, LP, *Journal of Spirituality in Mental Health*, Feb. 2021.

Marian completed her Doctor of Ministry degree at Barry University in Miami Shores, Florida with a focus on adult faith formation in a diverse cultural context. Her Research MA in Scripture was completed at Catholic Theological Union, Chicago, IL. Marian completed a BA degree with a double major in Philosophy and the Program of Liberal Studies at the University of Notre Dame. Her coaching training was facilitated through Co-Active Training Institute. She has also completed the Professional Training in Mind Body Medicine with the Center for Mind Body Medicine.

Marian is fluent in English, Spanish and Italian. She has four children, and she enjoys active time outside, cooking and the arts.



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Links for reference: <https://www.csjstpaul.org/>
www.angelalswain.com

<https://coachingfederation.org/>
www.wisdomwayscenter.org