

Araucaria Project presents

# Human Alchemy Programme

Mind + Body Leadership Course  
for Space Holders + Stewards



2017/18 Prospectus

# What is the Human Alchemy Programme?

## Our world needs embodied leaders.

Whether we have the responsibility for holding groups or for being an example in our community, we can all learn to lead in our corner of the world.

The Human Alchemy Programme seeks to share a specific formula that brings delegates into a place of receptivity that brings forth and hones leadership qualities. This formula is shared via:

- Mind and body skills
- Appropriate information from the biological and quantum sciences
- Special coaching techniques

The Human Alchemy Programme is the flagship course from social enterprise the **Araucaria Project**. It invites those who feel stressed, burnt out and struggling to relinquish old habits and learn how to become effective, embodied leaders.



## What is the Araucaria Project?

The Araucaria Project is a grassroots social enterprise born of the hearts and minds of two British yoga teachers Shaura Hall and Gail Stephens.

Both of the Araucaria Project's co-founders have personal histories that contributed to its creation.

The Araucaria Project recognises the addictiveness of 21st-century living and strives to provide mind and body sustenance for those who are ready to realise their true potential.

The Araucaria Project holds a belief that the world needs embodied leaders yet those who have the potential to lead often come unstuck in one way or another, drifting into maladaptive and addictive behaviours. Our programmes provide the environment that supports, guides and empowers people to become the change that they want to be.

The Project addresses all forms of addiction in modern society, from drugs to video gaming, from gambling to workaholism.

Gail and Shaura have developed unique events that explore the usefulness of practices such as yoga, mindfulness and meditation, blended with an understanding of leadership tools and techniques that enable us to realise our full potential.

# Is this programme for you?

- Do you hold groups?
- Are you interested in mind and body self-development?
- Do you want to know what makes effective leaders?
- Do you feel ready to hone your skills for managing yourself or others?

If you answered **yes** to the above then, this programme is certainly for you.

**This course is suitable for anyone who wishes to lead in their personal or professional lives**, however, we have identified several professions that we think this training would be valuable to:

- People who lead community teams and events
- Recovery workers who facilitate groups
- 12 Step and SMART facilitators
- Mental health workers
- Group therapists
- School teachers
- Yoga teachers
- Yoga therapists
- Teacher trainers
- Coaches
- Managers





# What do we cover?

## Module 1

### Self-Regulation: The Foundation of Leadership

We ask: can I regulate myself?

#### Themes:

- Self-Regulation: the foundation of leadership
- Self-belief + living without fear
- Leading from the inside out

#### Practice/Breathwork:

- Sun Salutations
- Warriors
- Ujjayi Breath

#### Education:

- Regulating the nervous system through the breath

#### Theory:

- Johari Window Model

## Module 2

### Self-Awareness: Recognising Leadership (when you see it)

We ask: am I aware of myself + others?

#### Theme:

- Being comfortable enough with ourselves to recognise the importance of the difference of others

#### Practice/Breathwork:

- Sun Salutations + Warriors
- Liminal Space Breath

#### Education

- Developing a sense of self
- Observer's mind

#### Theory:

- Belbin Leadership Model
- SWOT/Leadership Tree

## Module 3

### Monkeys + other Time Bandits: tough empathy + learning to say 'no'

We ask: what does 'compassionate honesty' mean?

#### Theme:

- Importance of sense of self – developing your personal integrity
- Importance of saying 'no' + having difficult conversations
- Boundaries + liminal spaces

#### Practice/Breathwork:

- Kundalini Kriya
- Golden Light meditation

#### Education:

- Speaking our truth with integrity

#### Theory:

- Time Management Quadrant

## Module 4

### The Crucible\* of Change

We ask: How do I approach change?

#### Themes:

- Ability to shift at will + knowing when to let go
- Doing different things not the same things differently
- Taking risks + beginning again when we get lost

#### Practice/Breathwork:

- Yin for yangsters
- Coherent Breath

#### Education:

- Brain + heart science to hone our ability to undergo change

#### Theory:

- Managing change positively

*\*Crucible as the (alchemic) melting pot where things come together to create something different*



## Module 5

### Derailers + getting back on track

We ask: how do I recognise stress – + how do I deal with it?

#### Themes:

- Stress, anxiety + addictive compensation: knowing the warning signs (in ourselves + others)
- Letting go + personal resilience

#### Practice/Breathwork:

- Cloud sequence
- Mindful walking
- Yoga Nidra

#### Education:

- Neurobiology of the stress response
- Addictiveness + compensatory behaviours
- HRV + resilience

#### Theory:

- What we want is not always what we need

## Module 6: *Secret Summer School Day One*

### Trust + values

We ask: do I trust myself to trust others?

#### Themes:

- Why is trust important? What does trust look like in action?
- How to keep your trust account in credit
- How to ensure that your personal values underpin your leadership style

#### Practice/Breathwork:

- Anapana sati
- Secret yoga

#### Education:

- Determining your personal values
- Self-knowledge, liking what you find

#### Theory:

- How organisations/structures built on trust operate; what are their characteristics?
- Understanding the continuum from what does not change to what can change

## **Module 7: Secret Summer School Day Two**

We ask: how do I use authentic language to get the best from others?

### **The power of language + knowing me, knowing you**

#### **Themes:**

- Right speak, self-speak, speaking to others
- Right hearing, active listening
- Johari Window Model revisited

#### **Practice/Breathwork:**

- Anapana sati
- Secret yoga

#### **Education:**

- Concept of right speak + present hearing
- Interactive 360° feedback process

#### **Theory:**

- Difference between coaching + mentoring
- How to use language to get the best from people
- Active listening
- 360° feedback: how to harness it + why it's important

## **Module 8**

### **Visions + reality**

We ask: can I turn my dreams into reality?

#### **Themes:**

- How does a vision become reality
- What is constant, what changes
- Taking (calculated) risks
- Where does intuition fit in

#### **Practice/Breathwork:**

- Moving Yoga Nidra
- Loving Kindness Meditation

#### **Education:**

- Quantum mechanics

#### **Theory:**

- Soft System Analysis: how do we get from here to there?
- Values Based Leadership



## Module 9

### The People on your Bus

We ask: can I spot talent (and work with it)?

#### Theory:

- How to get the right people on your bus (and into the right seats)
- Talent spotting: working with people who are like you or different from you

#### Practice/Breathwork:

- Moving in pairs
- Venus Kriya
- Breath of Shiva

#### Education:

- Parallel process
- Mirroring

#### Theory:

- High Performance Teams
- Tuckman: Stages of Team Development

## Module 10

### Authentic Leadership: walking the walk

We ask: who would want to be led by me?

#### Themes:

- Theory into practice: the difference between talking + walking
- Bringing it all back together: optimism, courage, humility, honesty, resilience

#### Practice/Breathwork:

- Intuitive Yoga
- Anapana Sati

#### Education:

- Level 5 leadership
- Understanding the importance of 'enough'

#### Theory:

- Transactional and Transformational Leadership





# When and where will it happen?

The programme runs over ten sessions, running from the 11th January until 6th December 2018.

The sessions run from 7pm - 9pm, except for Modules 6 + 7 which are taught over two full days.

A breakdown of the module dates is as follows:

- Module one: 11th January
- Module two: 22nd February
- Module three: 5th April
- Module four: 17th May
- Module five: 28th July
- Module six + seven: 18th + 19th August (Secret Summer School gam-5.30pm)
- Module eight: 6th September
- Module nine: 18th October
- Module ten: 6th December

## Location:

Sessions are held at **The Study Society**  
**Colet House, 151 Talgarth Road, London, W14 9DA.**

# What is the investment?

Investment for the full programme is £1000, to include all the workshops, online support and all course materials.

Full breakdown for payment schedule:

25% deposit - £250 (-£25 when booked through Eventbrite)

25% in October - £250

25% in February 2018 - £250

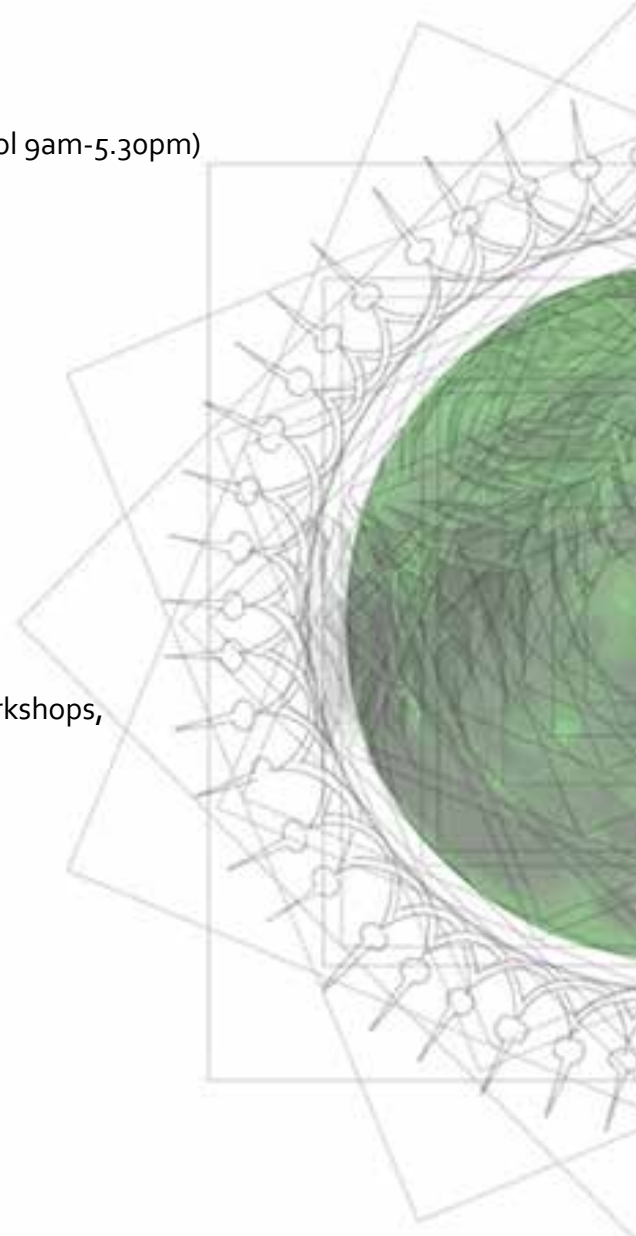
25% in June 2018 - £250

*Benefit from 5% discount total cost by paying upfront and in full.*

# How can I sign up?

Applications to join the next Human Alchemy Programme are **open**.

For more information or to register your interest visit [aracariaproject.com](http://aracariaproject.com) or email [hello@aracariaproject.com](mailto:hello@aracariaproject.com)





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