



Creative Attention
opening minds • engaging hearts

Executive Cafe Coaching Circles freedom from self-deception

News - The Inner Circle

There are Circles for you to join happening all the time. Right now, one circle meets at Bogani Cafe, 23 Avenue and 111 Street next to Sobey's. Take the plunge: it is just 2 blocks south of the Century Park LRT. Another Circle meets at the Jasper Avenue Transcend coffee shop, 10349 Jasper Avenue.

These confidential Executive Coaching Cafe Circles - 4 to 7 people - enable you to recognize patterns of self-deception, to see its cost and to integrate these patterns into a powerful new way of seeing. You already know that when you are self-deceived (or in the box), your main focus is always personal. You are less concerned with what's best in the situation or for all concerned. Without recognizing how we give in to the near-universal tendency to come from such a protected and defended place, we don't even know we have a problem. And that's a problem.

The cafe circle is a great learning environment – casual but structured, so that transparency is invited by a freedom from criticism and judgment and complete control of your level of disclosure. As shared concerns and issues emerge you are enabled to integrate what you need to improve your inner game. We start with the Arbing Institute book,

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REGISTER by phone or email:
programs@co-creating.ca
780-465-1721

Leadership and Self Deception, a book that - with training or coaching support - has transformed many individuals and businesses. And we grow from there.

How It Works

There are 5 sessions in a set. Groups often continue past the 5 sessions as each session is new, different and supportive of the development of leadership capacities.

Only the first session you attend is scheduled. The rest are set according to everyone's calendars.

Cost for this program is a nominal \$30 per person per session. The program is also available for in-house leadership development on a time basis rather than a per-person basis.

Register now for one of the five spaces. Contact Judith Wells or Barbara Ashley Phillips at (O) 780-465-1721 or email programs@co-creating.ca

Testimonials from Coaching Conversations and New Leadership programs

Our day to day routine and the stresses of life have caused us to create perfectly fitted boxes for a lifetime. The freedom from this that I have experienced [with Barbara] is very liberating and will bring limitless possibilities for transformation in the workplace. **Caridad Bernardino, Co-ordinator, EISA.**

I learned some very powerful tools for creating safe and positive space for myself and others. In addition, I was able to learn and develop conversation skills that enable me to find root causes of tension and conflict with people in my life (be it at home, the office or elsewhere). **Alex Caldararu, Volunteer Co-ordinator, EISA.**

Barbara's Blog Link - [Leadership and Self-Deception](#)



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Write a Review!

Share your experiences with our programs and events. How have you been using what you've learned? Are we having fun yet?

Write Review [HERE](#)

Leadership and Self-Deception
by The Arbinger Institute

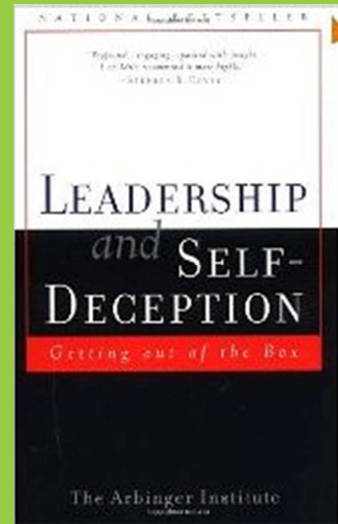
Interview with author Jim Ferrell, Arbinger Institute CEO

[AUDIO www.bkconnection.com/static/Arbinger2.mp3]

Since its original publication nine years ago, *Leadership and Self-Deception* has become an international word-of-mouth phenomenon. Rather than tapering off, it has sold more copies each year since 2004 than it did in any of the first four years after publication. The book's central insight—that the key to leadership lays not in what we do, but in who we are—has proved to have powerful resonances not only for organizational leadership, but in readers' personal lives as well.

This new edition has been revised throughout to make the story more readable and compelling. And drawing on the extensive correspondence the authors have received over the years they have added a section that outlines the many ways that readers have been using *Leadership and Self-Deception*, focusing on five specific areas: hiring, teambuilding, conflict resolution, accountability, and personal growth and development.

Leadership and Self-Deception uses an entertaining story about an executive facing challenges at work and at home to expose the subtle psychological processes that conceal our true motivations and intentions from us and trap us in a "box" of endless self-justification—even when we're convinced we're doing the right thing. Most importantly, the book shows us the way out. Readers will discover what millions already have—how to consistently tap into and act on their innate sense of what's right, dramatically improving all of their relationships. *from The Book Connection*



Play-time: [Test Your Geography](#)

Exactly where are all those countries in the Middle East?
Enjoy this learning game. It's a better-than-average distraction.

Quote of the Month "Kindness is a language which the deaf can hear and the blind can see." - **Mark Twain**



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