



2015 Ignatian Leadership Conference

Breakout Session Descriptions

Break Out 1: Self-Knowledge

The Examen as a Leadership Tool

Facilitator: Beth Ford McNamee

Participants will learn about the practice of the daily Examen, a method of prayer popularized by St. Ignatius in his Spiritual Exercises. Individuals will have the opportunity to practice the method, ask questions about the technique and discuss how the tool can be applied to leadership.

Strengths Finder

Facilitator: Nikki Lynn Stephanou

Participants will learn about and better understand his or her strengths by taking the personal assessment tool, *Strengths Finder*. Individuals will reflect and dialogue on how this knowledge can help one align with their vocation and how it can be useful in leadership and career success.

Mindfulness & Silence as Gateways to Ignatian Indifference

Facilitator: Springs Steele

Fr. Adolfo Nicolás, Superior General of the Society of Jesus, encourages individuals to recover "a spirit of silence" in our busy lives. In this session, participants will experience exercises in mindfulness and silence to explore hearing the spirit and opening our hearts. Over time, these practices lead to clearer awareness of where we are stuck, or not free, and where God or goodness is present in our daily lives.

Transcending Failure: Jesuit Lessons of Acceptance, Patience, and Grace

Facilitator: Jason Bartlett

An ever-trenchant observer of the human condition, John Steinbeck, once wrote, "Somewhere in the world there is defeat for everyone." Building upon this premise, this session seeks to examine the ways in which developing an honest sense of one's strengths and weaknesses becomes a critical skill for leaders in the Ignatian tradition. Turning to a series of examples from the Society of Jesus' rich history, this session invites participants to consider how our own faults and failings may serve as a rich seedbed for developing vulnerability, resiliency, and honest self-appraisal as important leadership tools. While our faith does not promise that we shall not fail, it reminds us that through God's grace we are loved, even though we are sinners, and it challenges us to use forgiveness to open new doors to hope.



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Break Out 2: Personal Striving

Developing a Personal Values & Purpose Statement Facilitators: Melissa McClory & Michael Alleruzzo

Understanding your core values and having the courage to integrate them with your actions is essential to good leadership as it guides how you spend your time, use your energy and make choices. Participants in this session will assess their core values as a starting point for developing a personal mission statement.

Ignatian Discernment Panel Panelists: Fran DiSanti, Cheryl Mrazik & Carolyn Vivaldi

In this session, participants will hear from a panel of three distinct leaders about challenging scenarios and graced moments of leadership. The panel will describe how personal and communal discernment practices guide their decision-making.

Identifying & Living Your Vocation Facilitators: Fr. William Byron, S.J. & Sean Paul Murray

Jim Martin, author of *The Jesuit Guide to (Almost) Everything*, reminds us that, "Everyone has a vocation" or calling in life. Participants in this session will learn about discovering your call in life as you examine your history and envision your future.

Challenging Assignments: Tapping Into Your Next Level of Leadership

Facilitators: Jill Cleary & Joe Montcalmo

Leadership development comes from not only understanding your skills, interests and abilities but through taking on new and interesting challenges that develop areas of leadership growth. In this session, participants will learn how to leverage challenging assignments to take leadership to the next level.