

THE ITHACA PROJECT

The Conscious Leadership Institute

The Ithaca Project speaks to a journey – one that connects the mythic and imaginative life to action and outcome in world. It speaks to a “destination” as both an endpoint and beginning in a cycle of transformation. It is in this in-between space of concurrent endings and beginnings that we invite you to join us.

Our purpose, within **The Ithaca Project**, is to support each other in building our capability to contribute individually and collectively at an elevated level. Necessary to achieve this realization is a developmental agenda formulated from psychology, theology, leadership studies, philosophy, history, literature, and the arts.



The work, undertaken within **The Ithaca Project**, is foundational as it is what truly expands our capacity. It involves deepening our levels of awareness and perception, exploring the way in which we process and evaluate information, augmenting our reflective capacity, accessing our inner guidance, and interacting with the larger metaphoric field.

We face an external context every day (the life around us) and we respond to it from an internal context (the life within us). As the external context becomes more complex and ambiguous, we have one of two choices. Either we can maintain our current orientation and underlying assumptions and narrow our window on the world or we can grow our inner life to meet the world; in essence transforming unrealized potential into competence.

Through **The Ithaca Project** we will explore and sit with various questions of the life around us and the life within us. We will engage with each other to both deeply listen and to dialogue on what emerges; forming a practice for collective engagement among diverse collaborators. Our tools for this work will range from autobiographical work and meditation to visual art.

We undertake this work through a multi-faceted approach that is apparent in our methodology, design, themes, and context. The combination of internal and external, individual and collective, exploration and integration, design structure and emergence, reflection and action, *along with* our concept of leaders/leadership in relation to the modern context fosters our development through a bridging of these multidimensional realms. It aspires to expand the concept and context of us as leaders, profoundly.

We aim for collaborative, shared formation through our experiences together. Fundamentally, **The Ithaca Project** is “made to order” with member’s own aspirations integrated into the construct. It is truly an inside-out learning experience which ensures we are not “teaching” but jointly building a vessel. For in the end, it is about how to live a meaningful life. And thus, The Ithaca Project will take whatever form emerges for each of us in responding to the call of what is next.

The Ithaca Project offers the opportunity to come together in diverse areas of the world with an exclusive group of individuals. Each destination holds its own particular focus, whilst exercising the fundamental practices essential for growth into a new mindset. Below is a taste of previous Ithaca gatherings:

Self and City, Chicago

Through the theme of *Self and City* we will journey into the many ways in which we see and know a city, know self, and know other. We will ask ourselves questions such as: What does the city tell me about my inner architecture and when do I resonate with its architecture, when does it repulse me? How do we inhabit the insider or outsider’s gaze? We will ponder the distinctions between self and other and the boundary lines that emerge through both the apparent structures and polices and that which underpins the visible surface. We will also explore the relationship of paradox, liminality, and creativity to the conscious intersection and transition of these borders.

Experientially, *Self and City* includes dialogues with community leaders of Little Village, the largest Mexican community in the Midwest; gallery visits to “As Cosmopolitans & Strangers” at the Mexican Museum of Art and “City Self” at the Chicago Museum of Contemporary Art; attendance at the play “Russian Transport”; lakefront sunrise meditations; autobiographical exercises; and a stay at the Hotel Burnham, designed and constructed by the architect of the 1893 World’s Fair in Chicago.



Learn More from [Cam Danielson's Reflections of Self and City](#)

Facilitated by: Cam Danielson, Pamela Fuhrmann, Karin Jironet, and Harry Starren

Conscious Leadership, Santa Barbara

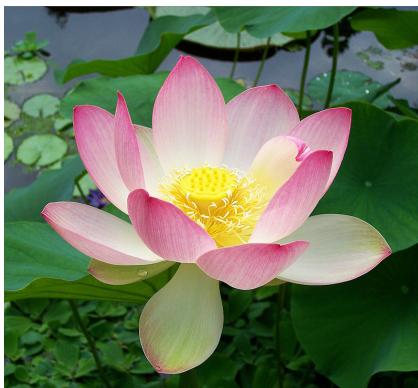
This intensive workshop is designed to enhance your leadership effectiveness as you engage in an increasingly complex world. Conscious Leadership provides a framework for a personal development practice built on autobiographical work, dialogue, and feedback. The practice is one of inner exploration and integration. The tension between these two different states of awareness is actively attended to as a means of inquiry. What are our unique gifts? For what purpose do we have these gifts? How well aligned is our leadership with our purpose? To explore such questions is to look at our lives in context, as a story. This is a profoundly human practice by which each stage in our development gives us new insights to further envision our story. Facilitated by: Cam Danielson, Karen Malik, Nick Ross, and Susie Roy

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The workshop was one of the most powerful experiences of my life. I came away with a deep sense of purpose and commitment to building a life in balance. I now feel more at ease, with a deeper sense of authenticity.

I think it first and foremost provides a methodology for exploring and enhancing our self-leadership. Inner preparation is a prerequisite for sustained outer effectiveness.

Well-Being: An Inclusive Orientation, Delhi



Well-Being: An Inclusive Orientation explores how we frame well-being in its fullest – for ourselves, those we love and work with, and the world at large. Daily we face a myriad of choices, some with implications that will be felt far into the future. How can we better access our inner wisdom to help us in the choices that affect our well-being and those around us. The retreat will comprise excursions to spiritual centers, reflective dialogues, yoga and meditation practices, and thoughtful encounters with those who inspire well-being. Facilitated by: Cam Danielson, Pamela Fuhrmann, and Susie Roy

The Imaginative Perspective, Amsterdam

The Imaginative Perspective opens and extends our awareness through engaging our senses, reflecting and dialoguing on our experiences, and delving into autobiographical work. Another point of view, a shift in perspective, or seeing through the “eyes” of another are all considerations to help us to realize our biases and what we identify with. Through unpeeling, looking both backward and forward we will consider our quest for home and identity, learn to re-tell our stories in order to vision anew, and find direct impact of the imaginative perspective on our everyday life in our community, organization and family. Through this exploration we consider that a “story written in another way, by another hand, from another perspective, it would sound different and therefore be a different story” (James Hillman).

Readings, mediations, and dialogues are complemented with visits to C-Taste, dining in the dark with visually impaired servers; FOAM “William Klien Retrospective” gallery exhibit; “De Roos”, not-for-profit centre for personal and spiritual development; and a talk with Amsterdam City Museum Director. Facilitated by: Cam Danielson, Pamela Fuhrmann, Karin Jironet, Harry Starren



To learn more about **Ithaca Project** gatherings, contact Pamela Fuhrmann at pam.fuhrmann@gmail.com.