TRIPLE VALUE

Purpose Quest – leading from your inner nature

A 3 days deep learning experience for discovering purpose in leadership transitions.

"The true act of discovery does not lie in discovering new lands, but in seeing with new eyes"

Marcel Proust

We all experience moments in our life when we feel stuck or lost - we don't see the future ahead of us. We face a problem that we can't solve, or we simply feel overwhelmed by the challenges in front of us. We somehow lack the skills or energy to move forward with confidence and joy.

Yet we don't want to give up. Deep down we know – intuitively – that there is a way forward. We know that we have sources that can be unlocked in order to overcome the challenge - but we don't know how to access it.

This happens in life – sooner or later we will encounter these transition points. In particular, this is part of leadership. As a leader, it is our role to "lead" forward, and bring people along. The word "lead" has the same linguistic roots as the word "light". When we want to succeed as leader, we will have to find our inner light. Especially when it is dark outside.

This is truer today than ever. The world is facing unprecedented challenges. Pandemics, political and economic instability, climate change, pollution, populism, inequality, robotization – the list is endless. We may feel hopeless at times: what can we do to avert these crises? Can I make a difference at all?

But it would be a waste if we fall prey to panic and despair, or – what has recently been described as – 'climate fatigue'. There is always reason for hope. Humanity has faced challenges before – and found ways to overcome them. Throughout history, we have learned that while a crisis demands leadership, leadership is defined by its ability to deal with a crisis by finding a new perspective for a better future. Invariably, this new perspective comes with purpose and meaning.

Ancient civilizations have developed techniques for leaders to find purpose in dealing with major challenges, and to facilitate the growth in human capacity that this requires. Others have been where we are now – which is a reassuring idea in itself. What can we learn from them? What are the leadership techniques that they have used effectively in times of a major crisis? How did they access the deeper sources of wisdom and power that they needed to navigate across stormy waters?

What is a Purpose Quest?

"You can't solve a problem by the same sort of thinking that created it"
Albert Einstein

The Purpose Quest (PQ) is a deep learning experience especially designed for leadership transitions. It is built on leadership technology passed on to us from ancient civilizations until today. We have brought them together into a program that is suitable for anyone facing a transition, be it personal, relational, organizational or global.

The PQ is a journey that entails an intuitive yet systemic exploration of our inner landscape, our consciousness. Usually, our senses are drawing our attention outward most of time, to the world of outer phenomena. The PQ brings our attention to the inner world as well, to our own inner compass.

The PQ is a ritualized process designed to explore the deeper mindsets and patterns that may have contributed to the crisis we are facing, and find ways to unblock and release them. From this exploration, more effective mindsets and patterns of thinking and behaving will emerge. We may find symbolic meaning and significance in the process, which will open us to deeper and powerful sources of inspiration, and give us the strength to transcend what is in front of us.

The PQ is specifically aimed at the sub-conscious levels of our being – at the level of mindsets and beliefs that shape our current frame of reference, and define the way we see the world. We will discover which of them hold us back and stand in the way of our creative life-giving abilities, and which can help us to shape new realities. The new insights that emerge can be applied at challenges at any level, from personal to societal.

Process

"Every question has a quest in it."
Joseph Campbell

The journey typically consists of three phases. It starts by formulating a Breakthrough Question (BQ), the answer to which will give you the wisdom to overcome the challenge and find new directions. The BQ will awaking and channel the innate curiosity of our mind. Curiosity is related to the force running through our life, and connects the conscious and sub-conscious domains. The BQ will be our anchor when we embark on the voyage. It will move us forward when we climb steep mountains and descent into unknown valleys. The BQ will transform into a Quest that will reveal unknown yet mind-expanding landscapes.

When the participants are ready, they will enter the second phase: a deep immersive experience alone in nature. This can range from a few hours to a few days, depending on the conditions. Even if the time is limited, the results can be amazing. Here we will work with the nature of our mind directly – our innate clear mind, free from conceptual elaborations. We all have access to this state, yet we tend to be oblivious to it. Once we access it with strong intention, our inner and outer nature will start to coalesce and reveal important messages.

The third phase starts when we return from our place in nature, and digest what we have experienced. This takes a careful process of translation. The future may have spoken to us, but it may have done so in unfamiliar patterns, riddles and symbols. Through a guided process we will bring the message of the subconscious to our consciousness. Subsequently, we will learn to apply the message to the BQ and the challenge that this represents. This can take multiple forms. We will use poetry, music, body work and other creative means to support this process.

"Our deepest fear is not that we are powerless. What frightens us most is our own, unlimited potential, the power within, the person who we really can become and in fact already are"

Nelson Mandela

Benefits of PQ for leaders

I. Leading in – and for- the 21st century requires from leaders a complex and interconnected repertoire of skills that is not addressed by traditional leadership curriculums. For example, leaders will need to learn how to lead with questions, tolerate ambiguity and be comfortable in not having all the answers, yet somehow show the 'light'.

II. The pace of change in society requires leaders who are resilient and who can tune out the daily noise and focus coming from a place of trust, stillness, clarity and creativity.

III. Presence is an indispensible leadership quality. For example, in client facing situations, leaders need to be 'Trusted Advisors' which is not possible without the ability to being fully present to the spoken and unspoken reality and needs of their clients.

IV. The systemic challenges we are facing today call for leaders with a sense of purpose, going beyond the status-quo and willingness to extend this into a "shared purpose" between individuals, business and society.

"Human beings suffer from the optical delusion of separateness. In reality, we are deeply interconnected to all of life".

Albert Einstein

What will you learn?

1. training in calming the mind (mindfulness)
2. mind/body synchronizing practices (yoga, qigong)
3. background leadership development in ancient traditions (the Bodhisattva & the sacred warrior)
4. practice presence / being present with what is
5. essence of being a change agent
6. practice intuitive meaning-making, in self-reflection, coaching and poetry.

Program dates

This program is specifically designed for leaders and professionals who wish to work on their own issues, and for people who want to train in the PQ methodology and learn to apply it to their own clients.

"Not until we are lost do we begin to find ourselves"
Henry David Thoreau

Ways of participating

You wish to explore deeper parts of yourself with the aim of getting more clarity on how to deal with a particular question or challenge in your work or life. You are willing to engage in an immersive experience and be open to the unknown. You have strong curiosity to learn about outer and inner nature.

Quest Leader

Sander Tideman will guide the Purpose Quest. After a career in international law and finance, having worked on three continents of which twelve years in Asia, he has specialized in leadership development for sustainable change. In his work with executives and their teams, he draws on three decades of study and practice in the contemplative traditions, in particular those of Tibet and China. Since 2007, he leads leadership journeys to the Himalaya's and the Alps, based on the methodology of the Purpose Quest.

Among his many projects, he collaborated with the Dalai Lama to translate his insights to the practice of modern business leadership, which is laid out in his book Business as an Instrument for Societal Change. He serves as Executive Director of Garrison Institute International, and is a faculty member of Rotterdam School of Management of Erasmus University and Mobius Executive Leadership.

"The best way to serve the planet is by aligning our outer and inner nature – by opening up to our true nature. This is the best gift we can make to ourselves and the world, especially today when we witness so much planetary distress"

John Milton

Experiences from other participants:

"The purpose quest gave me new insight and clarity into what's next in my life. It is both surprising and reassuring to see how nature reveals the path forward, gently and generously, just by being open and trusting."
CFO, large retailing company

"A once-of-a-lifetime experience. Expert guidance, deep listening to myself and a synchronistic context – and voila – purpose manifests. I can recommend this to anyone who seeks his or her next level"
Managing Partner, Executive Search Firm

"Amazingly powerful experience. You managed to unblock fears that have held me back for many years. Now I know that these fears have no ground and I can trust my own intuitive resources no matter what. I can be the leader who I really want to become (and essentially already am)"
CEO, Global Food Company

"The experience revealed my purpose to bring happiness into my organization and take leadership to make that real".
Head of Divestment, ING Bank

"The insights I gained from the experience gave me the courage to take leadership for a vision that represents my values and convictions. It catalyzed something in me that had been dormant for a long time"
Managing Partner, Business Consultancy

"I feel refreshed and re-purposed. I have seen that I am actually free and fully equipped to take on the next leadership role. No-one can define the role for me, except me, and I can do so by trusting and resting on my real purpose. The PQ has given me this essential insight! *COO, financial services company*