



The Wisdom of Renewal

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Outcomes



- Identify references and resources that support the inner work required for outer service.
- Consider personal and professional applications of the balance theory of wisdom.



“If you are not taking responsibility for your state of consciousness, you are not taking responsibility for your life.”

(Eckhart Tolle, 2005)



Seek Renewal

Renewal is a function of your individual consciousness project.

Renewal



“Renewal involves balancing your personal needs with the demands of work and caring for others so that you have fresh energy for yourself and your activities”.

www.renewalatwork.com

Kurth & Schmidt (2003)



The Good Life

“...living in the place you belong with the people you love, doing the right work on purpose.”

(Lieder & Shapiro, 2002)

Fears and Antidotes



- Meaningless life
- Being alone
- Being lost
- Dying
- Work
- Love
- Place
- Purpose

Lieder & Shapiro (2002)

The Power of Full Engagement



- Energy management requires attention to the quantity of physical energy, the quality of emotional energy, the focus of mental energy and the force of spiritual energy.

Loehr & Schwartz (2003)



The Bridge to Wholeness

There is a difference between the journey of a hero and the journey of a heroine – to be fully human requires the integration of opposites in service of peace and wholeness

(Raffa, 1992)

A Whole Life's Work : Eight Modes



- Earner
- Hobbyist
- Creator
- Monk
- Helper
- Parents
- Learner
- Elder
- Principles
- Vitality
- Patience
- Calm
- Equanimity
- Giving
- Humility
- Wisdom

(Richmond, 2004)

Quality Mind Quality Life



- Speak positively about your past and present with an eye toward the future.
- Know and appreciate your resource inventory.
- Open your mind to options you can't currently find.
- Begin from vision.
- Manage your life.
- Demand quality of your self and others.

Lisnek,(1995)

Self-Renewal



- Value driven
- Connected
- Honor inner life
- Pace self
- Enjoy nature
- Active, creative, playful
- Pursue best options
- Learn from down times
- Always training and learning
- Future oriented

(Hudson, 1999)

Five Stage Cycle of Renewal

- Go for it
- Plateau
- Doldrums
- Cocooning
- Transition / Restructure / Renew



(Hudson, 1999)

Wisdom



“the application of intelligence, creativity and knowledge to the common good by balancing intrapersonal (one’s own), interpersonal (other’s) and extra personal institutional or other larger) interests over the long and short terms, through the mediation of values, so as to adapt to, shape, and select environments.”

Sternberg, Robert, (2004). Words to the wise about wisdom, *Human Development* 47:286-289

The Wisdom of Renewal



- What concepts, tools, techniques are most useful?
- How can information be used?
- Why is information important?
- Why care about the information?



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