

# Accessing Our Untapped Inner Resources: A Workshop for Coaches, Consultants, and Leaders with Contextual Essay

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*Elizabeth Reuthe, Process Work Institute, January 2014*

## **ABSTRACT**

This final project focused on the exploration of inner work for leaders, consultants, and coaches by integrating Process Work (specifically the Processmind) with traditional leadership concepts and a meditation approach. I created a 1.5 day workshop, conducted a pilot workshop, obtained feedback, and wrote this contextual essay. In this essay I share leadership material that I considered in preparing for the workshop—some of which was not included and why. I include background on the meditation approach that I used in the workshop, and definitions of the principal Process Work concepts that I used in the workshop. In addition, I highlight some of the recurring themes that appear in all three disciplines and attempt to show how they are complementary. The workshop detailed agenda, Power Point slides, exercises, handouts, and other auxiliary materials are also presented in the Appendix.

## **DOWNLOADS**

### Final Project

[Accessing Our Untapped Inner Resources: A Workshop for Coaches, Consultants, and Leaders with Contextual Essay](#)

### Workshop Presentation

[Accessing Our Untapped Inner Resources: A Workshop for Coaches, Consultants, and Leaders](#)

### Workshop Presentation 2

[Accessing Our Untapped Inner Resources](#)

### Audio File: Meditation

[Meditation.mp3](#)