



DynamicDialogue®

Beyond business as usual

DynamicDialogue® Practicum

Being, Learning, Growing, Integrating as a Dialogue-Centered Community

A 2-year Communal Learning Experience, Beginning April 1-4, 2019

Two years of practice to further develop and integrate the skills, awareness and knowledge needed to effectively implement DynamicDialogue® in organizational and personal settings.

- ◆ Participants are invited into an experiential group learning process designed to assist them to become competent in integrate and apply DynamicDialogue® practices in all areas of their life. The process includes practical and theoretical work, one-on-one mentoring and peer group learning with multiple monthly opportunities for practice, reflection and engagement.
- ◆ Participants will work and practice in their local professional, community and relational settings throughout the 2-year program.
- ◆ Participants enter the course with the intention of bringing their skill development to current work, family, volunteer, or other situations.

Need and Vision

The world and each of us in it face a level of complexity that requires an ever-increasing ability to understand and incorporate a myriad of perspectives, data points and needs. Globalization and political, economic, health, social and environmental realities are changing every aspect of our lives. No one person, organization, ideology or nation can encompass all needs required to integrate these changes. The key is to learn ways to create engagement that helps us to think creatively. The quality of our presence is as important as the quality of our understanding and knowledge in achieving a future that works for all of us.

Our world is waking up to a more interdependent reality. Integrating our interdependence with day-to-day needs of individuals and communities is incredibly challenging. This integration requires evolving awareness infused with compassion and creative freedom if we are to call each other to a common good that truly serves the individual and the whole.

DynamicDialogue® provides practices and support that assist people who desire a better way to engage and work through the challenges of living in these times. We consider dialogue to be an essential practice for enduring efforts that make a difference in a world of need. This 2-year Practicum is about learning to live with others in life-enhancing ways. It is for people who want to be the change they wish to see in the world and who want companions on the way.

Structure of the Practicum

The 2-year Practicum engages participants in active practice, skill development and experiential learning in a reflective adult community. We invite learners to focus their practice on family, work, casual interactions, civic engagement, volunteering or any other life arena.

The first year is focused on developing a foundation for personal mastery of the qualities and core competencies. The second year focuses on bringing the practice into work with others. DynamicDialogue® is a constantly evolving array of practices and skills based on the work of many experts and integrated in a way that recognizes the migrating difficulties humans have working together. The myriad of practices, processes and awareness provided in this program help us overcome and transform the blocks and barriers that impede our ability to engage.

Who Will Benefit

This program will benefit those who want to grow in the practice and skill of listening and speaking from an authentic, reflective, compassionate presence that honors interdependent communication.

- ◆ People who wish to create more ease of communication and connection
- ◆ Professionals who wish to improve their work relationships and increase productivity
- ◆ Organizational leaders who would like to provide compassionate and inclusive communication to encourage growth and confidence in their teams
- ◆ Facilitators or trainers who want to amplify the quality of group engagement
- ◆ International citizens who would like to enhance their communication skills and conversational techniques

What you need to know:

- ◆ Attendance Requirements: In-person attendance is required for each 4-day residential retreat of this two-year program. Video conferencing is available for all other meetings and sessions.
- ◆ Pre-requisites: Completion of a 4-day workshop offered by either *Bread of Life* or the *Centre for Contemplative Dialogue* under the names Dynamic Dialogue®, Contemplative Dialogue®, or Active Engagement™. Contact us for more information about available opportunities.

Community of Practice

Our intention is to gather a practicum group of 6-14 individuals as a learning cohort that becomes community where all can practice these skills as adult public learners in the safest environment we can create together.

Our application process and interviews will help potential practicum candidates to get to know us, understand the requirements of the program and determine if this particular course of communal experiential learning is right for them.

Practicum Residential Integration Sessions

- ◆ Opening Gathering: This 4-day intensive will actively engage the group in the practicum work and begin to create the learning community. **The opening 4-day session will be held at the Mercy Auburn Retreat Center in Auburn, CA from April 1-4, 2019.**
- ◆ Residential Integration Session: A 4-day intensive at the end of year one at a site convenient to participants, generally August 2019.
- ◆ Closing Integration Session: The final 4-day intensive at the close of the second year, generally August 2020.

Practicum Elements

- ◆ Monthly group meeting – A monthly 3-hour interactive gathering (available by teleconference or web conferencing as necessary) will take place at a time determined by the group. It will blend input, reflection and dialogue.
- ◆ Mentoring – Each participant will engage in monthly one-hour telephone, video or face-to-face conversations with a mentor that focuses on the individual's practice. Trained mentors will support participants in reflectively planning, engaging and learning from their work.
- ◆ Learning Peer Groups – Participants will work with other participants in learning partnerships by supporting and maintaining monthly phone calls, video calls or face-to-face meetings. In practice, these become active peer support relationships focused on skills and practices.
- ◆ Learning materials – Various books and articles will be used to support and encourage learning in depth. Exercises designed to facilitate practical application of the skills and theories offered will be assigned. Group interactions will highlight learning gleaned from these exercises.
- ◆ Required practice – Participants will be given monthly practice assignments designed to build foundational skills. Periodically, participants will create presentations of the components of DynamicDialogue®. This creative activity supports participants in developing their language, stories and comfort in introducing and explaining elements of the practice in diverse relational settings and audiences. Participants will be asked to write 1-2-page papers at least three times a year.
- ◆ Time requirements – We anticipate an average time commitment of 4 hours per week to do the necessary group work, reflection, practice and reading. We assume that participants will draw on any variety of current and everyday involvements as opportunities for real life practice and development. This real-time use of the skills and practices is not included in the time estimate.
- ◆ Training opportunities – Interested participants will be actively supported in developing and participating in training events as facilitators or presenters. Readiness for and availability of events will be individually coordinated over the course of the two years and beyond.

Cost

Annual tuition for the practicum is \$4,750 USD. Tuition covers all teaching components and coordination services for the 4-day intensive sessions, monthly group work and mentoring sessions, distributed materials, etc. **Participants are responsible for their own transportation, lodging arrangements and meals at residential sessions which have a separate cost.**

An initial payment of \$1,000 is required upon acceptance into the practicum. The balance may be paid at the initial residential gathering. Flexible payment arrangements (monthly or quarterly installments) may be negotiated. Some fee assistance is available. Please call or email Jean Holsten for more information – (916) 648-1803, ext. 11, jean@breadoflife.org. Payments are made to *DynamicDialogue*.

Team

The practicum will be conducted in a team led by two experienced and certified trainers. Both team members helped develop the curriculum and process for the practicum and have repeatedly served on teams of practicum facilitators. Call or email us for contact information.

Trainers:

Jean Holsten is a licensed attorney who discovered a preference for and a power in dialogue over debate. She has extensive experience as a trainer, consultant and facilitator. She is currently the Director of Dialogue Programs for Bread of Life, a Sacramento-based educational non-profit. Jean works with individuals, families and organizations who want to integrate the practices into everyday life. She is committed to living a conscious, service-oriented life. Her own experience of dialogue has been enriched by her practice in various communal and organizational settings across the United States, Canada and Sri Lanka.

Sandra Lommasson is a spiritual director, retreat leader, teacher and educator. She has been practicing and training spiritual directors since 1996 as well as leading groups for more than 30 years in a variety of settings. She was one of the facilitators for the International Merton Retreat in 2010 bringing together faith leaders from a variety of traditions to dialogue at a deeper level than most had experienced in a diverse group. Sandra works with leaders, entrepreneurs, teachers, health care professionals, and business people in all levels of organizations and walks of life.

Application

For further information or to explore the option of participating, please contact Jean Holsten (916) 648-1803 ext. 11, jean@breadoflife.org, or Kellie Mackey (916) 648-1803 ext. 14, amandab@breadoflife.org.

After an initial phone conversation, we will arrange an interview with the full team to explore your involvement in this rich learning endeavor. We are open to participants with diverse backgrounds and personal styles (so please don't *assume* you won't fit). Current and past participants have come from a wide range of professional and personal backgrounds. We intentionally seek participants who desire to deepen the practice in their own life circumstances and to live this practice with integrity; who are willing to take risks in the service of their learning; and who will offer the fruits of their learning to others.

A pre-requisite for participation is attendance of a 4-day workshop (or some introductory sessions) in Mindful Leadership: DynamicDialogue® through *Bread of Life*, or The Path of Contemplative Dialogue® or Active Engagement™ through the *Centre for Contemplative Dialogue*. This assures you know enough of the practice to which you are committing. We will assist you in meeting this requirement if you have not done so.

Conversation with current and past practicum participants is welcome. We'll provide you with their names and contact information. You'll find them to be rich resources who welcome conversation with you.