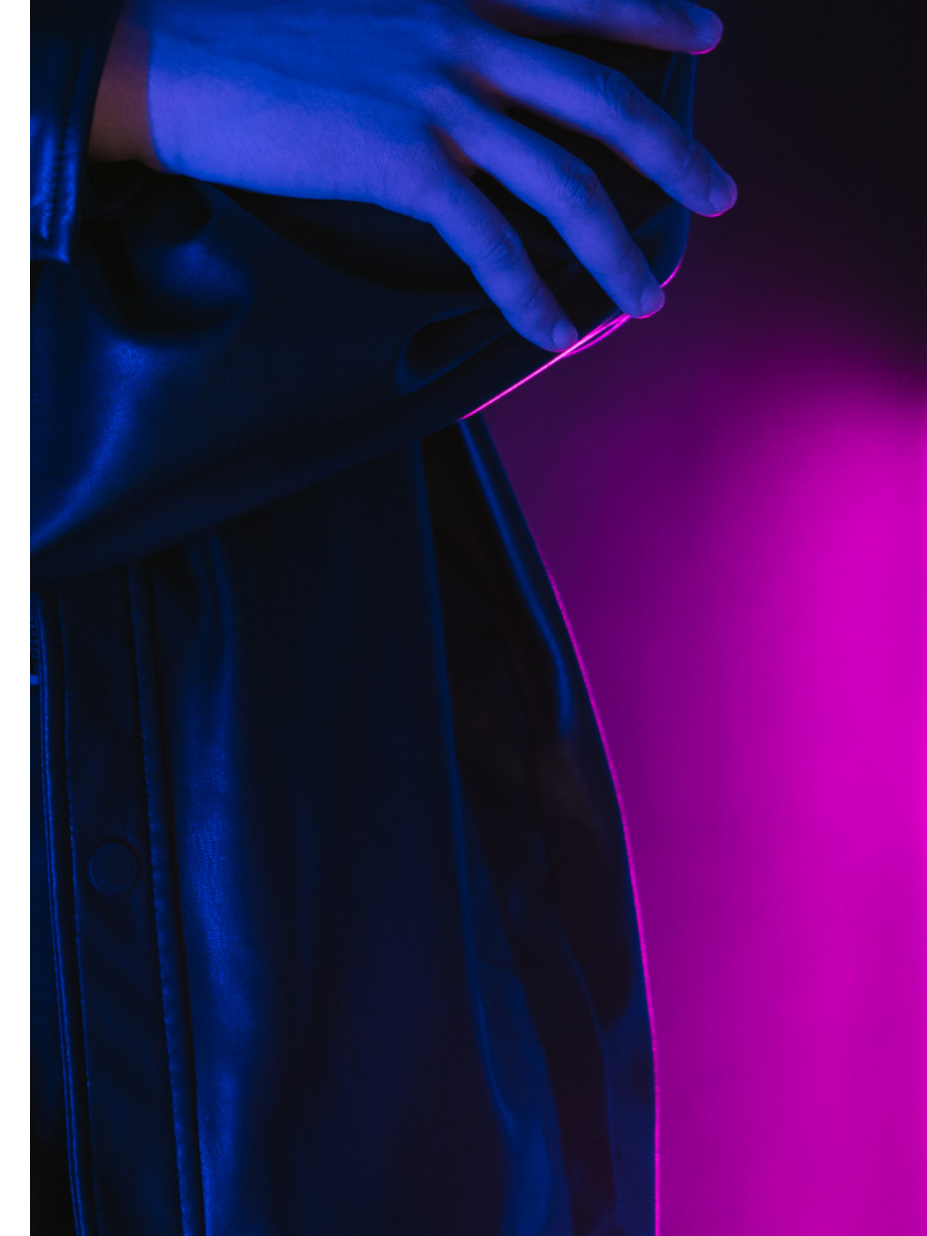
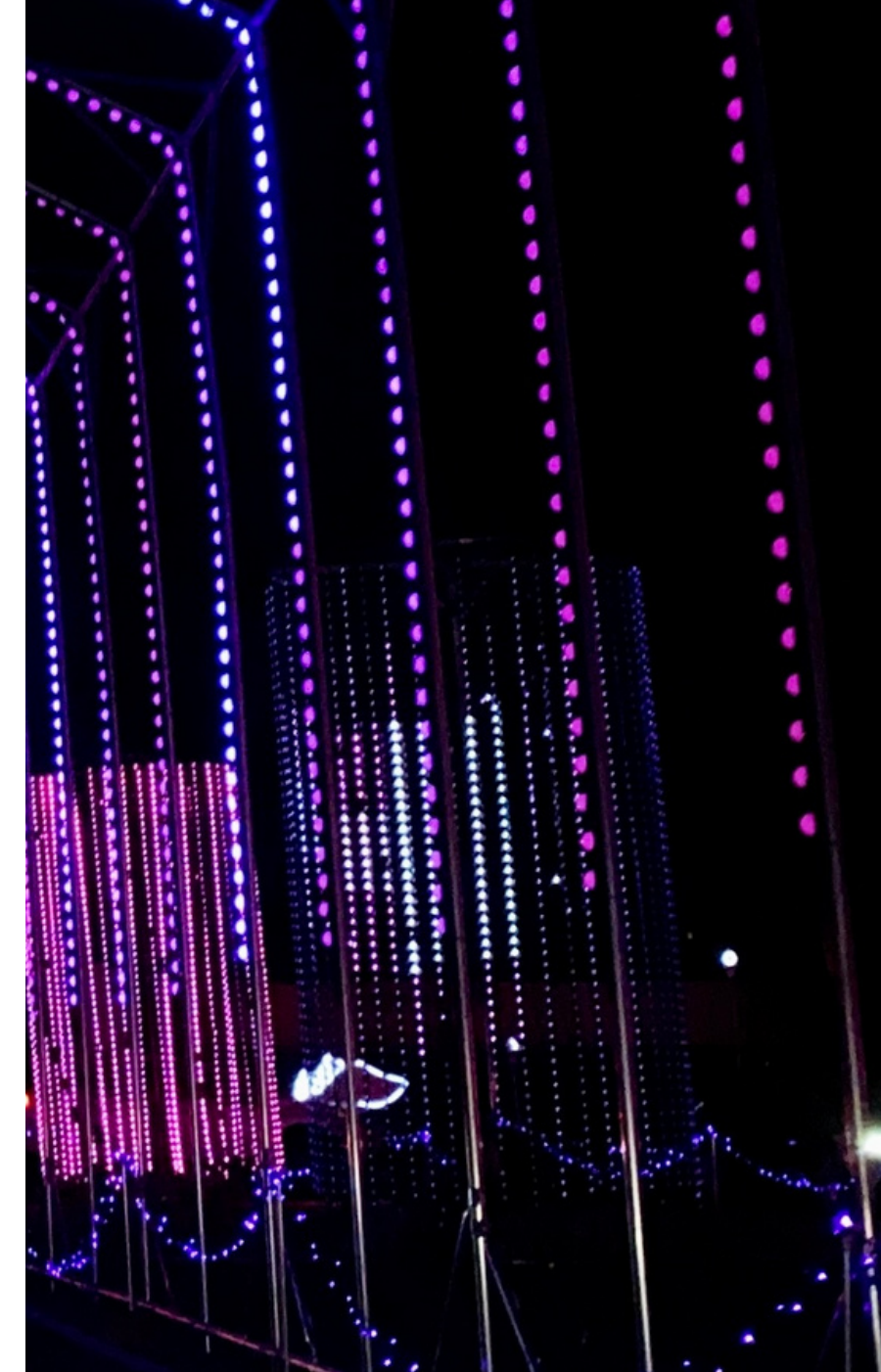
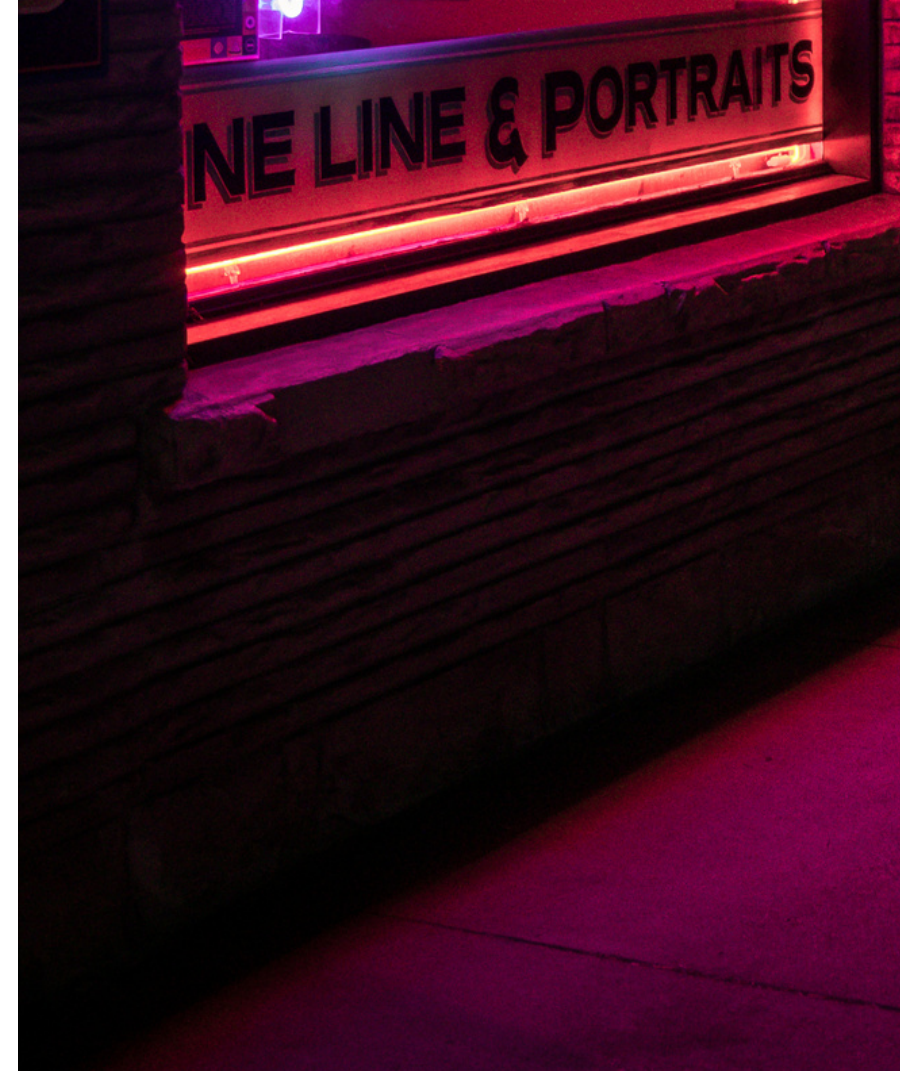


The Phoenix Sessions

Ongoing Living Laboratory for Difficult Times





About the Program

We are facing enormous and rapidly accelerating challenges with climate change, global socio-economic instability, and other hyper-disruptive societal trends.

We have created an online, virtual living laboratory called "The Phoenix Sessions" to help all of us wrap our heads around current conditions and reframe our personal and professional responses to this critical moment in time.

Blending Worlds

We are blending worlds - the world we knew and the world we are moving into, as well as your own inner and outer worlds. This 20-day, 30-hour facilitated program is meant to accelerate your transformation into new understanding and to reclaim your own power through concrete action.

01.

Inner World

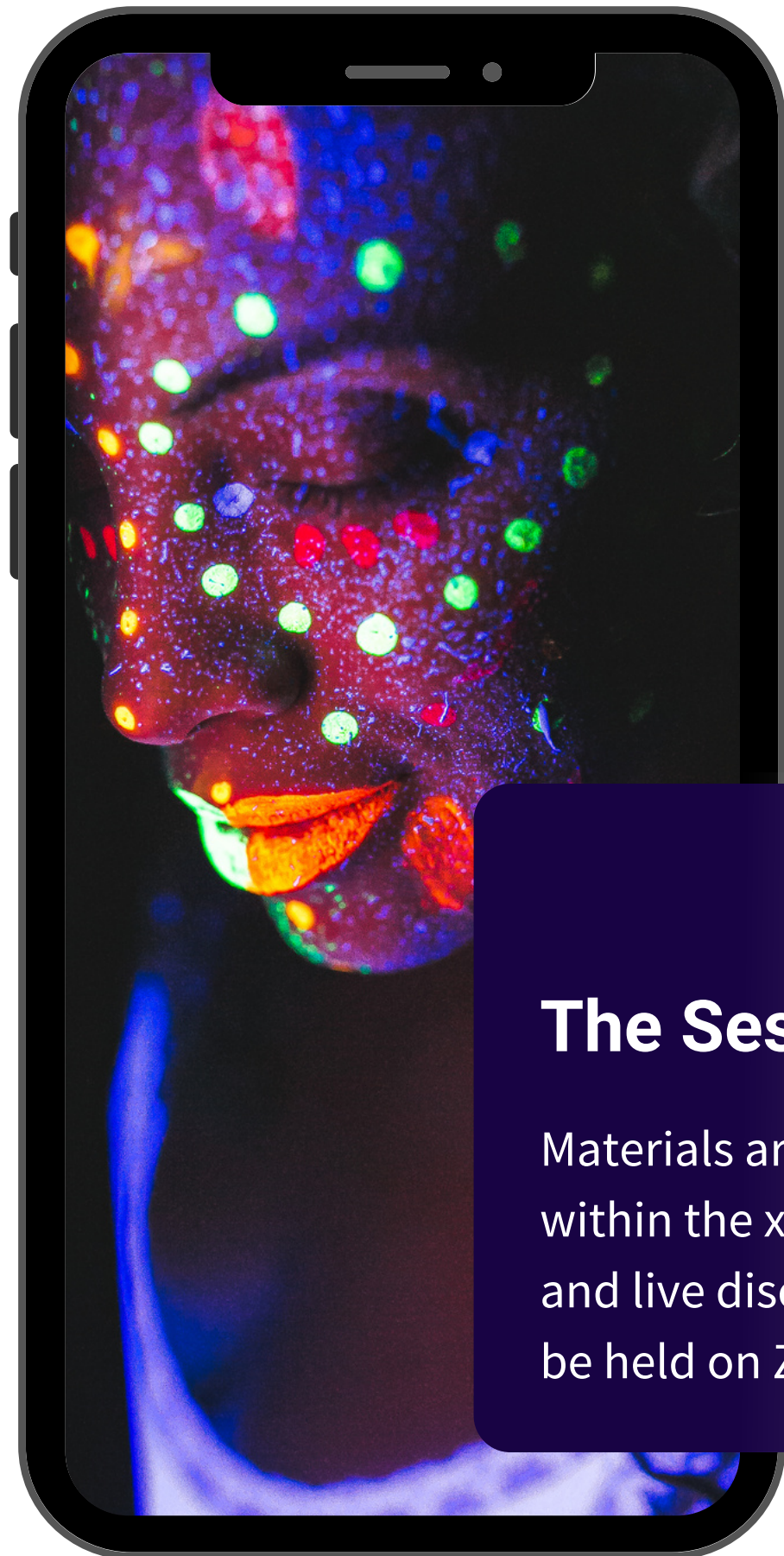
We spend time on ourselves as humans, processing how we feel about the significant changes on the horizon.

02.

Outer World

We spend time on our organizations, and what they can do to help our local communities as we traverse choppy waters.





Who is This For?

This is for individuals and leaders who are concerned about our current global situation and the exponential rate of change we are all experiencing.

Using both reflective practice and small group discussion with an experienced facilitator, we take a deep dive into the most important conversations we can have right now as we explore the need for balance in our personal and professional lives.

01.

The Sessions

Materials are located within the xPresso Ed app, and live discussions will be held on Zoom.

02.

Reading

Participants are asked to read the book, "Deep Adaptation" edited by Jem Bendell and Rupert Read

03.

Co-Hort

Restricted Size:

Minimum - 5

Maximum - 10

4 Questions Through 4 Lenses

Each week is dedicated to a question and we refract it through the four lenses.

4 DA Questions

Week 1 - Resilience

What do we most value that we want to keep,
and how?

Week 2 - Relinquishment

What do we need to let go of so as not to
make matters worse?

Week 3 - Restoration

What could we bring back to help us with these
difficult times?

Week 4 - Reconciliation

With what and whom shall we make peace as
we awaken to our mutual mortality?

4 Integral Lenses

Monday - Individual Interior

An individual's ability to monitor their interior
state, be self-reflective and find their way in the
larger systems surrounding them.

Tuesday - Individual Exterior

An individual's ability to connect their
interior dimensions to their behavior and
actions in the world.

Wednesday - Organizational Interior

An organization's ability to monitor its own
interior state, to reinforce its values and
desired culture.

Thursday - Organizational Exterior

An organization's ability to connect its interior
dimensions to the way it engages with the larger
socio-economic-political systems surrounding it.

Weekly Interactive Schedule

Each week we walk through a combination of self-directed journaling, and live calls with your co-hort.

1

Monday

60 Minute Call
Review and Set
Context

Tuesday

Self-Directed
Journaling

2

3

Wednesday

60 Minute Call
Individual Summary

Thursday

Self-Directed
Journaling

4

5

Friday

60 Minute Call
Organizational Summary

Weekly Schedule

Inner Adaptation

Exploring the emotional, psychological, and spiritual implications of living in a time when societal disruption/collapse is likely, inevitable, or already happening



Outer Adaptation

Working on practical measures to support well-being and reduce harm, ahead of and during collapse (e.g. regenerative living, community-building, policy activism).



Week 1 - What do we most value that we want to keep, and how?

Ind. Interior

Ind. Exterior

Org. Interior

Org. Exterior

Summary

Week 2 - What do we need to let go of so as not to make matters worse?

Ind. Interior

Ind. Exterior

Org. Interior

Org. Exterior

Summary

Week 3 - What could we bring back to help us with these difficult times?

Ind. Interior

Ind. Exterior

Org. Interior

Org. Exterior

Summary

Week 4 - With what and with whom shall we make peace?

Ind. Interior

Ind. Exterior

Org. Interior

Org. Exterior

Summary

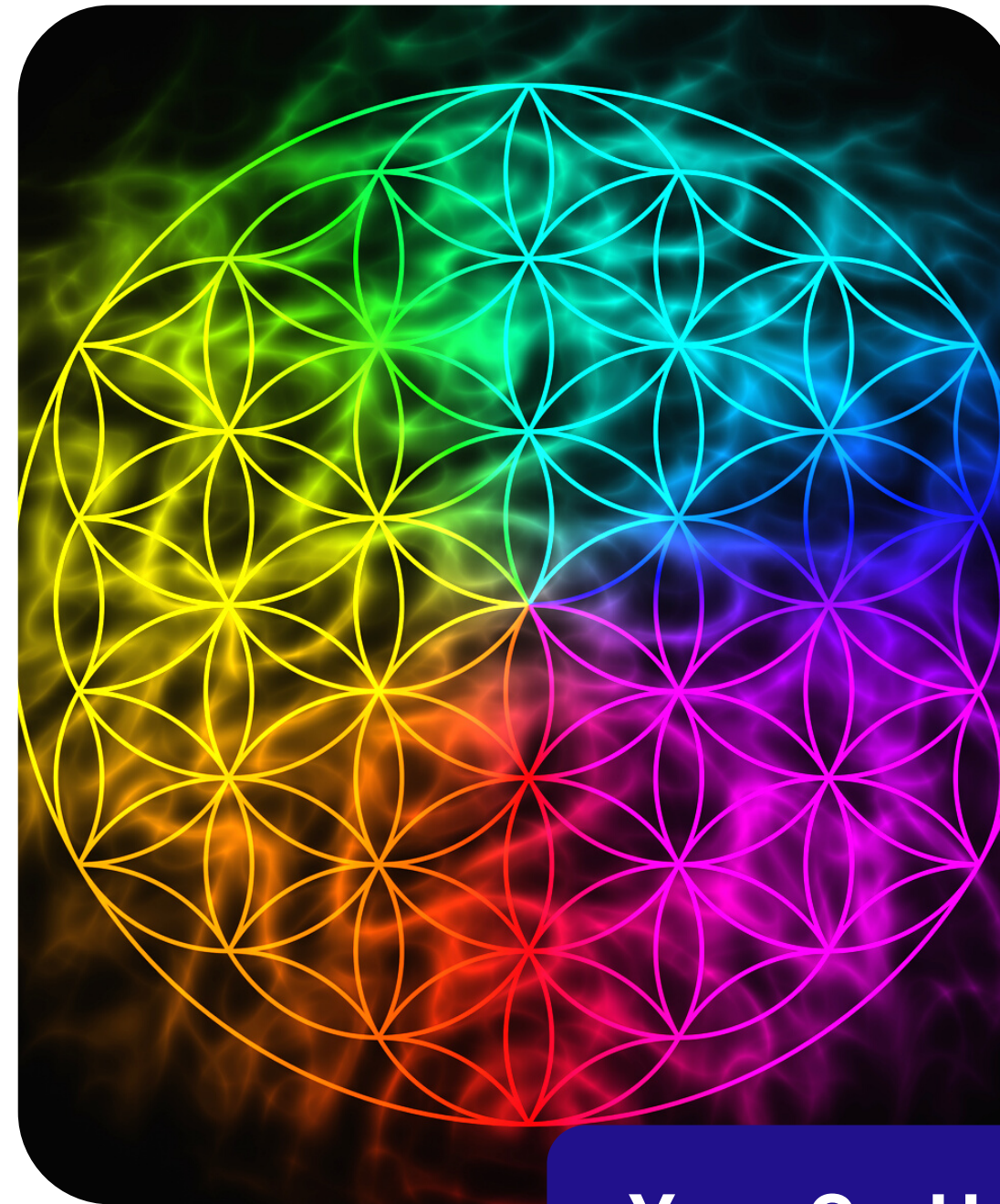
From: About Deep Adaptation: <https://www.deepadaptation.info/about/>

Our Promise

An experience that is intellectually and emotionally challenging.

An experience that is rooted in exploration, compassion and empathy.

An experience dedicated to building community and bringing out the best in each participant.



Your Co-Hort

Make lifelong friends in your co-hort and continue learning together.



RISE TODAY!

Easy sign up with just a credit card!

Receive access to The Phoenix Sessions on the xPresso Ed App

Receive your Zoom link to participate in the calls