

# SELF-LEADERSHIP

CULTIVATING FOUNDATIONS OF MENTAL BALANCE

with Diego Hangartner

**"The goal is not to be better than the other man,  
but your previous self."** - Dalai Lama

How do you escape from the reactive wheel of thoughts and use self-leadership as a tool to live with more contentment? This STRIDE Lab provides practical, scientifically proven methods to support you in cultivating the right mental balance and well-being as a foundation for artful leadership. Through experimentation, reflection and cutting-edge insights from neuro-scientific and cognitive research, you will develop the first steps for your self-leadership practice.

<https://stride-learning.ch/labs/>

18-19  
OCT  
2019

**30** hours effort  
(includes pre- and post-assignment)



**unCertificate**  
equal to 1 ECTS- Credit Points



**10 people**  
approximately



c/o IMPACT HUB ZURICH  
Colab LOFT CORNER  
Sihlquai 131, Zurich



Friday 5.30pm - 9.30pm  
Saturday 9am - 5pm



Diego Hangartner

In this Lab, we focus on the personal development side, on self-leadership which is a pre-requisite for collaborative leadership.

After the Lab, you will be able to:

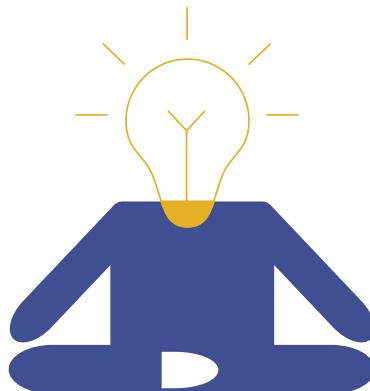
1. Understand the basic theoretical concepts of mind training and well-being.

2. Apply scientifically proven tools to stabilize the mind and develop internal clarity.



3. Familiarize yourself with "your Self" and how you can lead yourself.

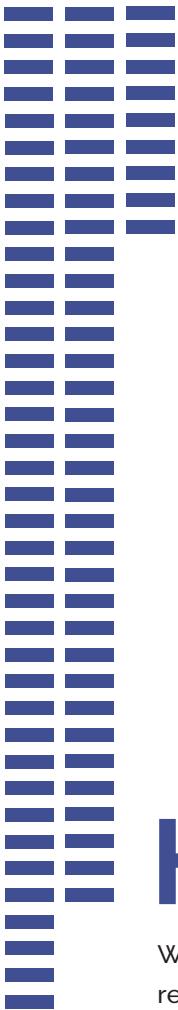
4. Integrate the learned methods into your daily life to further cultivate your mental well-being and your self-leadership.



Check out our different Labs on <https://stride-learning.ch/labs/>

STRIDE Labs are compact, innovative and highly practice-oriented 1.5-days co-learning formats by

**STRIDE**



# WHY



**"We are what we repeatedly do. Excellence, therefore, is not a single act but a habit."** - Aristotle

Irrespective of your current work status as an employee or as an entrepreneur, linear leadership and self-leadership skills are in high demand. Therefore, there is a lot of pressure to perform according to societal norms of what a leader should be and act like. How can we take charge of this situation at a structural and personal level?

On a personal level, it is crucial to learn how to cope with one's own emotions, focus, and inner distractors and to develop a clear and stable mind. This is important for mental balance and well-being as unmistakably indicated by recent neuro-scientific, cognitive and clinical research.

Through this transformative learning, you lay the foundation for the habit of leading skillfully not only yourself but also collaboratively.

# HOW



We approach leadership with a strong emphasis on personal experience interweaving it with reflection, experimentation, and theory as needed: we start with the "self," reflecting on our own habits and patterns of thinking, feeling and doing. We will do this individually and in groups. We will introduce tools and methods which will support you to cultivate focus, create a stable and clear mind, and to develop a deep practice of mental balance.

## LAB FACILITATORS

**Diego Hangartner**, Diploma in pharmacology ETH Zurich. His main interest is the understanding of the mind, the working of consciousness, and how to cultivate mental flourishing. He lived for 11 years in Dharamsala, India, learned Tibetan and studied for 7 years at the Institute of Buddhist Dialectics. He is a long-term meditation practitioner.

Diego is associated and worked with the Mind and Life Institute - the first institution to systematically analyze contemplative studies from a neuroscientific perspective - since the 1990's: he was Mind and Life's COO from 2009 – 2012 in the USA, founded Mind and Life Europe, and was its director until 2014. Collaborates with many universities and research institutes, such as the 'Max Planck Institute', ETH, University of Zurich, etc.



Learn more about our unSchooling and transformative learning approach: <https://stride-learning.ch/about-us/stride-magic>

Terms & Conditions at <https://stride-learning.ch/labs/rates>



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