

# NAVIGATING THE UNKNOWN

SPIRITUAL EXERCISES FOR BUSINESS

A NON-RELIGIOUS, PERSONAL DEVELOPMENT PATH FOR MANAGERS INSPIRED BY ST. IGNATIUS

ROME | JUNE 5-7 2019

*The Spiritual Exercises have to be adapted to the dispositions of the persons who wish to receive them, that is, to their age, education or ability, ... [Spiritual Exercises18]*

When a ship is heading for a known destination the captain need only give orders; when it is exploring new waters and is looking for new land the captain needs to **unlock the abilities of all on board.**

#### **HOW A WISDOM TRADITION CAN IMPACT YOUR STEWARDSHIP**

In an age of increased awareness of the complexity of our world, leaders understand they can no longer just be solutions focused; we must see beyond the symptoms to **create sustainable ways of working.**

450 years ago, Ignatius of Loyola founded the Society of Jesus, an organisation with solid operating principles that are as effective today as they were then.

YOU ARE INVITED TO A SECULAR PROGRAMME FOR EXECUTIVES INSPIRED ON  
THE WORK OF ST. IGNATIUS – *SPIRITUAL BUT NOT RELIGIOUS.*

YOU WILL BE A PILGRIM IN ROME, A CENTRE OF HISTORY, POWER, CULTURE  
AND SPIRITUALITY.

## AIM

The aim of this guided silent retreat is to give an experience of the power of reflection for effective leadership and decision-making. The programme will contribute significantly to the nurturing of the qualities necessary for leaders of our time: awareness, empathy, ingenuity and courageous action.

There will be a series of fundamental questions to guide people during the course: where am I at? What or who gives direction to my actions? What sets me in motion? What gives me energy? The Spiritual Exercises draw on a centuries-old tradition framed by these questions.

The programme is a next step in the engagement of the lay community in bringing the Spiritual Exercises into the world of work.

*This retreat aims to reconnect spirituality to society and business.*

## MODEL

the 'Exercises' offer an excellent model for simplicity and effectiveness in today's business environment. A model for ordering one's life by channelling it towards a clear purpose that is well-suited to support change processes in organisations.

## BENEFITS

As leaders our care and vision can enhance meaning, belonging and well-being for all members of our organisations; the ability to do so directly impacts people and company performance. The programme works on the understanding that improved decision-making in organisations will positively impact society as a whole.

## TARGET

For leaders with responsibility for taking strategic, tactical and daily operational decisions that affect the financial, commercial and social stability, as well as the sustainability of the organisations and communities they serve. No prior experience of the Spiritual Exercises is required. The programme is suitable for secular and spiritual alike.

## APPROACH

You will be guided through a Spiritual Exercises approach that includes: meditation; contemplation; inspiration through art, drama, literature and film; journaling; and the 'examination of conscience'.

## WHO WE ARE: PEOPLERISE

*Peoplerise is a catalyst, developer and facilitator of innovative transformation projects that involve people and organisations.*

[www.peoplerise.net](http://www.peoplerise.net)

### PROGRAMME LEADER: MARIA GRAZIA MAGAZZINO

Maria Grazia started her career as a lawyer. She later studied clinical pedagogy. She currently works as a facilitator of transformation processes in profit and non-profit organisations, where she applies her expertise as a conflict management consultant.

Her work is strongly influenced by Theory U, a systems theory methodology developed by Claus Otto Scharmer, senior lecturer at the Massachusetts Institute of Technology, USA.

She is a guide of the Ignatian Spiritual Exercises, a member of the spirituality team at the San Fedele Cultural Foundation in Milan and at Villa San Giuseppe, Bologna, a Jesuit spiritual retreat house. She trains Spiritual Exercises guides at the Ignatian Centre of Spirituality (CIS) in Rome.

Maria Grazia has worked with Vodafone Italia, Heracom, Bancalfis, Humanitas, Metroweb, Nexteria, Rui Foundation and others. She is the author of *Volti e conflitti la convivenza delle possibilità*, a book about conflict and spiritual life.

## PRACTICAL INFORMATION

**LANGUAGES:** Italian – English - Spanish - Dutch

**PAYMENT:**

1. A deposit of €350 to reserve your place
2. We cannot live off the air alone, but we want to leave it to your good judgement to put a value on your experience at the end of the retreat.
3. Write a recommendation and send it to three people whom you think will benefit from the experience you have had.

**LOCATION:**

Casa Betania - Via Portuense 741 – 00148 Roma

*To conquer oneself and regulate one's life without determining oneself through any tendency that is disordered. [Spiritual Exercises 21]*

FOR MORE INFORMATION AND TO REGISTER WRITE TO JAKE ESMAN:  
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