



# Mongolia Leadership Journey

## Discovering the Inner Warrior

June 22 – July 3, 2009

Join a team of fellow leaders on a unique - once-in-a-lifetime – journey into the heart of Asia, at the old meeting place between Mongolian warriors and Tibetan saints, learning from the rich culture of Buddhism in a setting of unspoiled nature.

*In the last century we made great progress exploring outer space. The next exploration humanity will need to undertake is into inner space. For how well do we know our mind, our inner world?*

Tenzin Gyatso, XIVth Dalai Lama

Our inner space determines who we are. Self-knowledge and self-management are critical functions of leadership today. Yet in today's busy and volatile world, we find little time for exploration of the inner world. While traversing an awesome landscape with green grasslands, blue skies, wild yaks and ancient Buddhist monasteries, this journey will bring people to explore deeper levels of their minds. Learning from an ancient culture, with at its heart a spiritual practice of transformation (*vayrayana*), participants can renew and inspire themselves, and transform themselves as leaders.

The Mongolian Leadership Journey offers a unique journey with the following elements:

1. A special life- and learning experience while travelling through an uncharted area of inland Mongolia
2. Insight into the social, cultural and environmental conditions of Inner Asia
3. Opportunity for deep reflection in a sacred landscape, learning from the spiritually rich world of Mongolian/Tibetan Buddhism
4. Deep personal inquiry into leadership, supported by leadership professionals
5. Contribution to sustainable development by connecting to development projects
6. Professional organisation and context of the journey (preparation, coaching, follow up, peer-networking)

### Program:

The program starts with an individual intake and a meeting in the Netherlands where participants can connect and get a taste of the experience ahead.

The journey takes us to the heart of the wild Mongolian steppes, deeply immersing ourselves in nature and exploring the depth of Buddhist wisdom and practice.

We will follow the footsteps of the Altan Khan, a descendant of the Genghis Khan who ruled a huge kingdom from Korea to Hungary. Upon his encounter with a Tibetan saint, Sonam Gyatso in the 16<sup>th</sup> century, Altan Khan abandoned his aggressive ways and bestowed upon this saint the title “Dalai Lama”, the Mongolian word for ocean of wisdom. Altan Khan adopted the path of the ‘inner warrior’ and turned Mongolia into a culture of peace. His grandson was recognized as the next Dalai Lama.



Inspired by the courage of Altan Khan and the long lasting effects his decision had on the culture of inner Asia, we will explore what it takes to abandon our own restrictions and to become an inner warrior.

After flying in to Ulan Bator, the capital, we will visit Mongolian temples and meet local leaders. The next day we will travel westward to the Hustainuru Nature Reserve, which is famous for the Prezewalski horse which has been successfully reintroduced into the wild. Under guidance of expert wildlife biologist we will be introduced into nature's amazing restorative capacities, even in the face of many modern-day ecological challenges. After two days at the reserve, we will go deeper into the Mongolian steppes, arriving at the Erdene Zu Monastery near Karakorum which was the ancient meeting place between Altan Khan and the Dalai Lama.

While camping near the monastery, we will be introduced into the philosophy and practice of Buddhism. We will spend our days under blue skies, experiencing meditative practice and going on long journeys on foot and horseback. The evenings we will dialogue with each other around the fire place, gazing at the deep moon-lit skies.

### **Leadership dimension**

The purpose of the journey is to explore a unique and unknown part of Mongolia, while exploring ourselves as individuals and as leaders. It thus differs fundamentally from the typical business travel or vacation. The focus is on the journey 'within', stimulated by

introductions to the ancient spiritual culture of Mongolia. Participants will be exposed to the rich world of Mongolian/Tibetan Buddhism, considered to be the pinnacle of contemplative and transformational science. Comfort is no more than a secondary objective. Participants are requested to prepare for this mentally and emotionally.



GLA has run various leadership journeys, including the Tibet Leadership Journey in 2007. They can be characterized as follows: 'leaders learning from leaders through personal transformation'. Hence, the journey addresses

at least two levels of experience: outer and inner. Program activities will address these different levels on a consistent basis through expert meetings, open dialogue, coaching and personal contemplation. We will be meeting with local leaders, both formal and informal, in dialogue with the journey participants. Every day will start and end with reflection.

### **Who will participate?**

This journey is meant for any leader who is courageous enough to explore him/herself 'within', who is willing to experience an ancient culture with a different worldview, and explore what all this means for him/her as leader. Preference is for leaders who are willing to go beyond the comfort-zone, open to be challenged and transformed.



### **Who will accompany you?**

The journey is designed and will be executed by professionals in leadership, Mongolian culture and Buddhism. Professional leadership development experts will join in the design of the program and will be an integral part of the team.

The journey will be led by Sander Tideman and Reinier Tilanus.

**Sander Tideman** is a co-founder of the Global Leaders Academy, who lived and worked in Asia for many years. He visited Mongolia regularly since 1990 as consultant to banks and NGO's. He is a student and practitioner of Tibetan Buddhism since 1982.

**Reinier Tilanus** is coach and trainer with many years of business experience. He is also student and practitioner of Tibetan Buddhism and has lived in Asia for several years.

The journey follows the successful Tibet Leadership Journey in 2007.

### **Information:**

[www.globalleadersacademy.com](http://www.globalleadersacademy.com)

Tel: 035-6951920

Price: on demand



*Erdene Zu Monastery*

### **Quotes from participants from Tibet Leadership Journey:**

*“An amazing journey, giving a genuine look into a totally different culture, with authentic and expert guidance. I recommend this journey to anyone seeking to explore new horizons”.*

Ivo Lurvink

*“The Journey was for me an impressive, often surprising and moving experience. All dimension of the journey touched me: the wide space of the landscape, the joy of the Tibetans, the deep dialogues with my fellow travelers, and above all: the core of my own being”.*

Alix Royer