

# MEDITATION ON LEADERSHIP - REFLECTION



I ask for what I desire as we begin this topic



I pray that my entire being become open to God's grace



I imagine these texts being addressed to me, and note my response

**Grace: To recognize and to welcome without censoring the invitation from within to lead fruitfully and abundantly.**

Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone,

Matthew 14: 22-23

“I think deep silence can deliver us to our own origin. Only in this way is the relationship lived and also the work that leads back to the origin.”

Frans van der Lugt SJ - News from the Dutch Jesuits II (1980), p.313-314

“There is a great difference between successfulness and fruitfulness. Success comes from strength, control, and respectability. A successful person has the energy to create something, to keep control over its development, and to make it available in large quantities. Success brings many rewards and often fame. Fruits, however, come from weakness and vulnerability. And fruits are unique. A child is the fruit conceived in vulnerability, community is the fruit born through shared brokenness, and intimacy is the fruit that grows through touching one another's wounds. Let's remind one another that what brings us true joy is not successfulness but fruitfulness.”

Henri Nouwen

‘You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.’

Mat 5: 14-16

## QUESTIONS FOR REFLECTION

1. What parts of my character and human quality bring life and fruits to my leadership?
2. In what other parts am I called to grow?

# MEDITATION ON LEADERSHIP - EXERCISE

This exercise is a meditation on our leadership history: an invitation to connect to our experience as leaders and grow for the future ahead of us.

### Preparation:

I pick a specific place and time for this mindfulness exercise/meditation, and prepare myself for it as one does for an important encounter. It does not necessarily have to be a place where you need to be still and motionless, if it works better for you, you can walk.

### Presensing:

When the time I chose arrives, I go the place I have chosen, bring myself to silence and poise. While slowly breathing, I offer everything that might be clouding my mind and worrying me, I offer my desires, concerns and stand open and responsive to the insights that will arise from this time of silence.

### My desire:

To recognize and to welcome without censoring the invitation from within to lead fruitfully and abundantly.

### Positioning:

I bring to mind my personal and professional responsibilities, the challenges I face, the problems I am expected to solve, people I daily interact with.

### Questions to guide my reflection: (optional)

- In addition to the knowledge, expertise, competencies and abilities needed to succeed, what graces, values and core attitudes in my inner being helped my life, relationships and functions bear fruits?
- What parts of my leadership and relationships are still waiting to carry graces?
- How am I responding to the leadership calling that is addressed to me today?
- What is holding me back from leading?
- What could enable a more generous answer from my side?

**Post-exercise reflection:** When the exercise is over, I change my place, go for a walk to change my thoughts, then write down what remained from this exercise (how did time go, what emotions were moving in me, what 3 key thoughts I retain from this exercise).

I share my experience with another person or with my spiritual director.

## ADDITIONAL EXERCISES

There are no additional exercises for this section

# MEDITATION ON LEADERSHIP - RESOURCES

## GENERAL RESOURCES

Title	Author	Publisher	Year	Link
Leading with Soul	Bolman and Deal	Jossey-Bass	2011	<a href="#">Link</a>

## QUOTES

- “Life can only be understood backwards; but it must be lived forwards.” Søren Kierkegaard
- “All truly great thoughts are conceived while walking.” Friedrich Nietzsche, Twilight of the Idols
- “I love the dark hours of my being. My mind deepens into them. There I can find, as in old letters, the days of my life, already lived, and held like a legend, and understood.” Rainer Maria Rilke, Rilke’s Book of Hours: Love Poems to God
- It is better in prayer to have a heart without words than words without a heart. – Mahatma Gandhi
- “We cannot change the world by a new plan, project or idea. We cannot even change other people by our convictions, stories, advice, and proposals, but we can offer a space where people are encouraged to disarm themselves, to lay aside their occupations and preoccupations and to listen with attention and care to the voices speaking in their own center.” - Henri Nouwen
- Reading makes a full man, meditation a profound man, discourse a clear man. – Benjamin Franklin